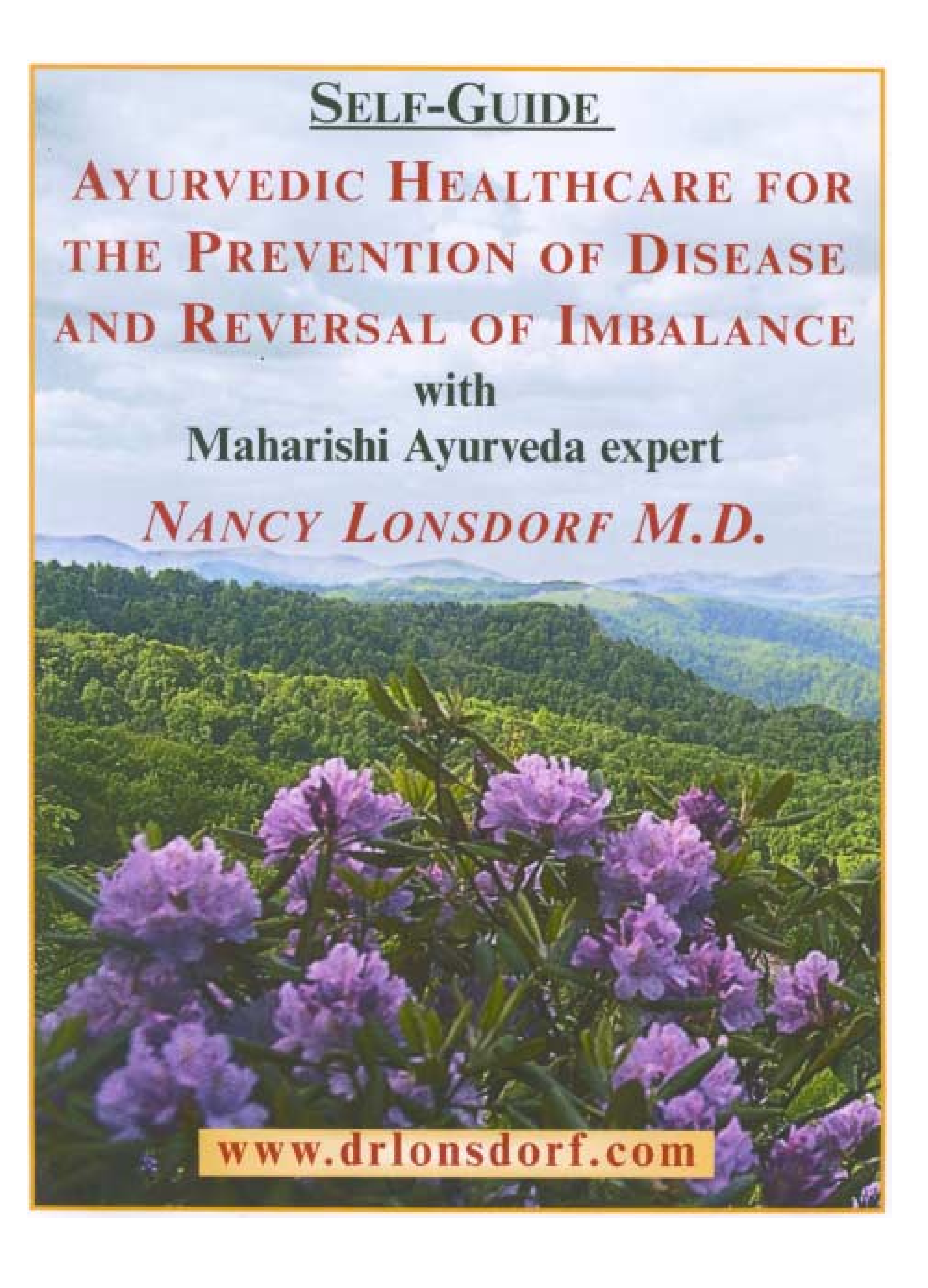

SELF-GUIDE
AYURVEDIC HEALTHCARE FOR THE PREVENTION OF DISEASE AND REVERSAL OF IMBALANCE
with
Maharishi Ayurveda expert
NANCY LONSDORF M.D.
www.drlonsdorf.com

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Disclaimer: The information in this booklet is intended for educational purposes only. It is NOT for the use in the diagnosis, prevention or cure of any disease. The information in this booklet is given for educational purposes only and should not replace the advice of your physician. Before making any changes to your diet or exercise routine please check with your own personal physician. This booklet does not take the place of a medical consultation and all recommendations should be checked with your health care provider to ensure suitability for you. The statements in this booklet regarding products have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease.

If you have any serious, acute or chronic health concern, please consult a trained health professional who can fully assess your needs and address them effectively.

Introduction from Nancy Lonsdorf M.D.

In this booklet I have drawn upon all my experience of the last 17 years, including more than ten thousand patient visits, to structure a practical, effective introduction to the healing principles of Maharishi Vedic Medicine SM. Getting healthy requires self-effort. This booklet is for those who wish to take more control of their health in their day to day life. If you are ready to be proactive for your health, then you are ready for Ayurveda. I believe this booklet will provide you with the knowledge you are searching for to naturally and systematically fulfill your health goals.

There are two principles that guided me in organizing this Ayurvedic knowledge for you.

1. The knowledge must relate to your personal life at every step.
Each section is personalized for you through questionnaires that help you assess your state of balance or health, and shows you how that aspect of Ayurvedic knowledge can deeply influence your health and well-being. Once you understand your symptoms more deeply, and what lifestyle factors are causing them, it is easier to make changes. I feel it is important to have personal questionnaires at each step to inspire you to move away from the symptoms of imbalance and toward the experience of health.

2. The knowledge must sequentially lead you through steps of regaining health that I would use if you were a client in my office
Many books on Ayurveda overwhelm readers with too much information, provided in a sequence that is not practical for implementation in daily life. My patients have educated me over the years as to what recommendations have priority and how much a person can reasonably do in his or her life.

I wish I could meet all of you in person and develop a personal professional relationship with you. That not being possible in most cases, I feel this booklet is the best attempt I can make to share this health-giving knowledge with as many people as possible. I am glad you are a seeker of health and wish you the greatest success in your endeavor to live the happiest, healthiest life possible.

Wishing you the best of health!

Nancy Lonsdorf M.D.

Note: To receive Dr. Lonsdorf's FREE monthly newsletter and announcements of her consultation and seminar tours to your area provide your e-mail address by clicking here.

Chapter 1
Daily Routine

Health is won or lost in how we live day-to-day life. It is our patterns of eating, sleeping, work, exercise and what we do to rejuvenate ourselves daily that determines whether we stay healthy or fall sick and how gracefully we age.

Health is a choice. We are creating anew our physiology with every action we perform throughout the day. We cannot live a life of health mistakes that create imbalance and then expect our doctor to save us with a "magic bullet" from his drug armamentarium. Imbalances, symptoms and diseases grow from seed form into gross pathology over many years. They are caused by unhealthy choices made day after day. To remove the problem we just cannot avoid having to address its true cause-lifestyle.

Even modern medicine is now recognizing that lifestyle and diet are the key to prevention of disease and can actually reverse many disorders. Studies on osteoporosis, cardiovascular disease and mental function are showing in many cases that diet and lifestyle outperform the top drug therapies while creating many side-benefits instead of side-effects. I believe that as modern science continues it's investigation over time it will increasingly find that fundamentals of Ayurvedic daily routine discussed in this chapter are the true fundamentals for prevention of disease and restoration of health.

While some of the terms may seem new to you at first as you continue with the booklet you will quickly see how powerful the Ayurvedic description of physiology can be for helping you determine what imbalance you have and what to do about it.

Following is our first questionnaire on **Lifestyle and Daily Routine**. I highly recommend you spend three to five minutes and check yes/no answers to the questions. Each of the questions addresses a behavior and lifestyle choice that has significant health ramifications. The "yes" answers are the right answers from an Ayurvedic perspective so you can see the "no" answers you have and quickly pinpoint the areas for focus and improvement. I suggest you mark your answers in pencil so you can come back time and again, turn "no's" into "yes's" and document your progress while reminding yourself of the areas you could still improve. Remember, every aspect of daily routine that you improve will bring you greater energy and mental clarity, a more positive mood and will help resolve any symptoms you may have. The discussion of daily routine that follows is sequenced to match the items in the questionnaire for your easy reference.

Lifestyle and Daily Routine Questionnaire

Yes answers reflect healthy behaviors from the Ayurvedic perspective. Target the behaviors you respond "no" to and keep changing you lifestyle to lessen the "no" answers.

The last columns contain information as to what the "no" behavior is aggravating. Vata, Pitta, Kapha or Ama. A "**Y**" in the column means that principle is aggravated by a "no" answer. A ***** by the letter means the unhealthy effect is very strong. If as you go through the booklet you find you have the symptoms of imbalance in Vata, Pitta, Kapha or Ama you can return to this chart and by looking in the appropriate column you can see which behaviors it is most important for you to focus on to remove the imbalance.

Evening Routine	**Yes**	**No**	**Aggravate Vata**	**Aggravate Pitta**	**Aggravate Kapha**	**Increases Ama**
Do you lie down in bed to sleep before 10:00 PM?			Y*	Y*		Y*
Do you AVOID activities that activate the mind like watching TV or reading in the 45 minutes before you start sleep?			Y			
Do you only use natural fabric sleeping clothes and bedding?			Y			
Do you go to bed at about the same time each evening?			Y			
Is your bedroom only used for sleeping i.e. do you avoid working or watching TV in the bedroom?			Y			
Do you take an evening walk after dinner?					Y	Y
Morning Routine	**Yes**	**No**	**Aggravate Vata**	**Aggravate Pitta**	**Aggravate Kapha**	**Aggravate Ama**
Do you normally awake before 6:00 AM?			Y		Y*	
Do you usually have a bowel movement within 1 hour of awakening?					Y	Y
Do you drink any water upon awakening?					Y	Y
Do you clean the tongue in the morning during or after brushing your teeth?					Y	Y

Do you perform any type of self-massage in the morning?			Y	Y	Y	Y
Do you perform yoga in the morning?			Y	Y	Y	Y
Do you perform pranayama (yoga breathing techniques) in the morning?					Y	
Do you meditate in the morning?			Y	Y	Y	Y
Do you exercise or take a walk in the morning?					Y	Y
Do you wear natural fabric clothing?				Y		
Is your breakfast lighter and less quantity than your lunch?					Y	Y
Do you AVOID meat and eggs at breakfast?					Y	Y*
Afternoon Routine	**Yes**	**No**	**Aggravate Vata**	**Aggravate Pitta**	**Aggravate Kapha**	**Aggravate Ama**
Do you eat lunch between 12:00 and 1:00 PM			Y	Y		Y
Do you normally eat lunch at the same time each day?			Y			
Do you usually have warm, cooked food at lunch?			Y	Y	Y	Y
Do you usually take one-half hour or longer for lunch?			Y	Y	Y	Y
Is lunch your largest and most balanced meal of the day?						Y
Do you have at least 10-15 minutes after you finish your actual eating at lunch before you have to start work?			Y			Y
Do you finish work by 5:00?			Y			
Do you practice asanas after work and before dinner?			Y			Y
Do you practice pranayama after work and before dinner?			Y			Y

Do you meditate after work and before dinner?			Y	Y	Y	Y
Evening Routine	**Yes**	**No**	**Aggravate Vata**	**Aggravate Pitta**	**Aggravate Kapha**	**Aggravate Ama**
Do you start the evening meal before 6:30?						Y
Do you eat the evening meal at roughly the same time each day?			Y			
Do you AVOID meat, cheese and yogurt in the evening meal?						Y*
Do you AVOID dessert in the evening meal?					Y	Y
Is your evening meal considerably lighter then lunch?					Y	Y
Do you walk for at least 10 minutes in the evening after dinner?					Y	Y
Eating Behavior	**Yes**	**No**	**Aggravate Vata**	**Aggravate Pitta**	**Aggravate Kapha**	**Aggravate Ama**
Do you pay attention to eat according to your hunger level and not eat if not hungry?						Y
Do you eat to about 3/4 capacity and NOT feel stuffed after eating?						Y
Do you eat at approximately the same times each day?						
Do you usually avoid taking food other than fruit or drinks for three hours after eating?						Y
Do you eat a balanced diet with wide variety of foods?			Y	Y	Y	
Do you eat in a settled environment and avoid reading, watching TV, standing up or driving while eating?			Y			Y
Do you AVOID cold drinks while eating?					Y	Y
Do you continue to sit for at least 5 minutes after eating before getting up?						

Do you chew your food well?					Y	Y
Do you only drink milk with grains or foods having the sweet taste and AVOID taking milk with raw fruits, vegetables, meat, fish, sour food and eggs?						Y
Do you avoid leftovers that have been placed in the refrigerator?						Y*
Do you avoid frozen and processed food?						Y*
Do you mainly eat fresh food that's freshly prepared?						Y
Do you drink fresh fruit and vegetable juices?						Y
Do you avoid food that has honey cooked in it?						Y
Do you eat mainly organic foods?						Y
Do you AVOID using a microwave?			Y			
Do you AVOID skipping meals and going hungry for long periods of time?			Y	Y		
Do you AVOID suppressing natural urges like bowel movements and urination?			Y			Y
Are you mainly vegetarian? (avoid red meat, fowl, fish and eggs)					Y	Y
If you are vegetarian do you have plenty of dairy products in your diet?			Y			
Do you avoid caffeine beverages like coffee and soft drinks?			Y	Y		
Do you avoid the regular use of laxatives?			Y			
Do you avoid candy and processed snacks?					Y	Y
Do you AVOID having lunches of salad only?			Y			

Do you AVOID carbonated beverages?			Y			
Do you drink 3-4 glasses of room temperature or warm water throughout the day?						Y
Do you usually AVOID eating cold foods?			Y	Y	Y	Y
Do you mainly use olive oil, as your cooking oil?						Y
Do you AVOID cooking oils at high heat?						Y
Do you AVOID cooking with aluminum pans?						Y
Do you eat out at restaurants less than twice a week?						Y
Exercise	**Yes**	**No**	**Aggravate Vata**	**Aggravate Pitta**	**Aggravate Kapha**	**Aggravate Ama**
Do you take an early morning walk?			Y			
Do you walk daily for at least one-half hour?						Y
Do you have three or more periods a week with an hour or more of exercise more strenuous than walking?					Y	Y
Do you STOP exercising before you start to feel exhausted and sweat heavily?			Y			
Orientation to the Environment	**Yes**	**No**	**Aggravate Vata**	**Aggravate Pitta**	**Aggravate Kapha**	**Aggravate Ama**
Is the main entrance to your house facing the North or East direction.						
Is the main entrance to your office facing the North or East direction.						

Does the top of your head face East or South when you sleep? (imagine an arrow pointing from your toes to the top of your head to determine this direction)						
Do you face East or North when you sit at your desk for work?						
Social & Environmental Issues	**Yes**	**No**	**Aggravate Vata**	**Aggravate Pitta**	**Aggravate Kapha**	**Aggravate Ama**
Can you AVOID working night shifts?			Y*			
Can you AVOID working all day in front of a computer?			Y			
Can you AVOID working in an environment with toxic chemicals?						Y
Does the space you work in have windows that can be opened?			Y			
Ladies Only	**Yes**	**No**	**Aggravate Vata**	**Aggravate Pitta**	**Aggravate Kapha**	**Aggravate Ama**
Are you able to be more restful on the days of your menstrual period?						Y
Do you eat lighter foods (more cooked vegetables, whole grains, fruits and legumes and less meat, cheese, sugar and cold drinks) during the days of menstrual flow?						Y

Following is a chart that sequentially describes an ideal daily routine from morning through evening. This chart is a reference to what an ideal routine of life would be. If your life if far from the ideal, don't despair! Small changes in the right direction can make a world of difference. Your responsibilities may not allow you to adopt many of these habits at this time, but even one or two can be very helpful. Lifestyle changes take time but the most important thing is to take the first step. **Pick the areas that you feel are most do-able or most important to your health and start there.** A balanced routine and the increased vitality it imparts are an elixir of life. Feeling better day-by will be your continual motivator as you move toward a healthier lifestyle.

Ideal Daily Routine Description

To Bed by 10:00 PM. The Day Starts the Evening Before!

Morning
Arise before 6 AM
Evacuate bowels and bladder
Clean teeth, scrape tongue
Abhyanga (Appendix 1)
Bath or shower
Sun salutations and/or asanas and pranayama
Meditation
Exercise
Wear clean, comfortable, natural fabric clothing
Light breakfast followed by morning work or study

Afternoon
Warm cooked lunch with all six tastes
Rest for 10 minutes after eating followed by a brief walk
Afternoon work or study
Sun salutations and/or asanas and Pranayama
Meditation

Evening
Early, light evening meal
Rest for 10 minutes after eating followed by a brief walk
Pleasant, relaxing activity
To bed before 10 PM with natural fabric clothing and bedding

Daily
Proper diet and eating behavior
Take Maharishi Amrit Kalash Rasayanas AM & PM

Seasonal
Diet and exercise according to season
Maharishi Vedic Medicine[SM] consultation
Maharishi Rejuvenation[SM] therapy

Doshas and times of day

Pitta

10:00 -2:00 AM &PM

Heightened digestive strength at day and metabolic cleansing at night

Day: Largest meal around 12:30PM
Night: Sleep by 10:00 PM for metabolic cleansing of impurities

Kapha

6:00 - 10:00 AM &PM

Tendency for physical heaviness and mental slowness

Morning: Be awake before Kapha time, Exercise, Breakfast
Evening: Meal, walk, pleasant non-stimulating activity, bed

Vata

2:00 -6:00 AM &PM

Tendency for mental alertness AM&PM but possibly tiredness by afternoon

Morning: Awake, Meditation
Afternoon: Meditation

Sequence of Daily Routine

The day starts the night before

Every organism in nature has a rest cycle. During rest, the energy and attention of the organism is freed from outer activity and can focus on internal balancing and healing. Making the most of this healing time is the foundation of good health. If this regeneration period is disturbed, imbalance and eventually sickness result.

According to Ayurveda, *when* you start your eight hours of sleep makes a difference. Sleep research shows that those who work the night shift and sleep during the day are more prone to a number of health disorders, including insomnia, digestive problems, heart attacks and breast cancer. But even lesser diversion from the usual human sleep pattern can make a difference. Have you ever noticed how you feel extra sluggish the day after a late night and sleeping in, even though you got your usual number of hours of sleep? It also can work in your favor. An NIH study once found that many depressed individuals can achieve a remission from their symptoms simply by shifting their bedtime and getting up times forward, for example, going to bed by 8:30 PM and getting up by 3:30 or 4 AM.

Ayurveda states that the *start* of the activity affects the nature of the rest of the activity, according to the expression "well begun is half done." Accordingly, Ayurveda predicts the greatest benefits from sleep that starts in the time when the body is dominated by the qualities of Kapha dosha, between 6 and10 PM. Kapha is the heavy, grounding, inert principle in nature. Going to sleep in Kapha time supports easily falling asleep and having a deeper, more rejuvenating sleep throughout the night.

Also, if we are in bed by 10:00 PM we will be sleeping during Pitta time (10:00 PM–2:00AM,) when the body is in its active "Pitta mode" of metabolism, cleansing the blood and skin of toxins and impurities. If awake, that metabolic activity provokes hunger and the proverbial "midnight snack." Unfortunately, this habit interferes with the body's cleansing cycle and also tends to pack on weight.

Reading, watching TV, working on the computer and other wakeful activities after 10 PM also put stress on the eyes and nervous system, using energy that would otherwise go for rejuvenation and accelerating the aging process. For the *most* rejuvenating beauty sleep, get your 8 hours starting before 10 PM. You'll not only feel more fresh and energetic, but you'll *see* the difference in your face in the morning.
**Note: A full discussion of Vata, Pitta and Kapha will be provided in Chapter 3.*

When we go to bed by 10:00 PM we have the greatest chance of awakening early and having the necessary time to do the rest of our full daily routine. This is why the day starts the evening before and proper bedtime is the foundation for the next day’s activity.

Other important ways to support good sleep are:
1) Do not engage in activities that activate the mind or body in the hour before going to bed. i.e. watching TV, reading or vigorous exercise.
2) Use natural fabric like wool and cotton for your sleeping garments and bedding. These fabrics breathe and create the proper environment for your physiology both during sleep and in activity.
3) Go to sleep about the same time each evening. Regularity of routine is important to balance Vata and imbalanced Vata is the source of insomnia for most people

4) Only use your bedroom for sleeping. To promote the most conducive environment for rest, do not watch TV, work or exercise in your bedroom
5) Take a walk in the evening after dinner. A walk in the settled atmosphere of Kapha time, between 6-10 PM, allows the body and mind to deeply absorb the gentle, peaceful and relaxed Kapha influence, promoting a deep and uninterrupted sleep.

Morning Routine

Awake before 6 AM
It is recommended to awaken before 6 A.M. Since we do not want to strain or use alarm clocks to do this, going to bed before 10 PM is usually necessary so that the body is fully rested and ready to go by 6 AM.

The period before 6 AM is the time when all of nature is awakening and Vata dosha is most enlivened in the environment. Vata controls the nervous system and our level of alertness. Remember the principle of "well begun is half done?" If we start our day in Vata time our mind will experience more of the qualities of balanced Vata throughout the day – increased energy, clarity, intelligence and alertness.

On the other hand, if we sleep past 6 AM, we are sleeping into the Kapha time of day. For example, sleeping until 7:30 involves 1 1/2 hours of sleep during Kapha time, imbibing the body with the qualities of excess Kapha – dullness, heaviness and lethargy. Not exactly how we want to feel at the start of the day and *exactly* why so many people don't feel they can function until they've had their expresso! Sleep after 6 AM day after day, year after year and a Kapha imbalance can build up, causing symptoms such as sinus congestion, fluid retention, weight gain, headaches, joint aches and stiffness, and (perhaps worst of all) bags under the eyes!

Elimination
It is beneficial to have elimination in the morning. To help evacuate the bowels and bladder and create a cleansing influence in the physiology drink a glass of fresh, warm or room temperature water upon awakening. Add a squeeze of fresh lemon and a half teaspoon of raw honey to kick start your digestion and metabolism for the day.

Cleansing the mouth and teeth
In addition to brushing the teeth it is recommended to cleanse the tongue. This can be done by brushing the tongue with your toothbrush or ideally using a stainless steel or silver tongue scraper to scrape any white film or coating off the tongue. A coating on the tongue in the morning is a sign that your body is not fully eliminating toxins and impurities. Scraping the tongue not only freshens the mouth and breath, but stimulates the digestion and metabolism of residual wastes in the body, according to Ayurveda.

Ayurvedic herbalized oil massage: Abhyanga
Daily morning Ayurvedic oil massage is one of the most powerful rejuvenation regimens one can add to their daily routine.

The motion and pressure of the massage create heat and friction and help to loosen up impurities, improve circulation and enliven the body. The quality of the oil is also important as it is being massaged into the entire surface area of the body and is being absorbed. The proper oils and herbs create a cleansing and nourishing influence throughout the body and help keep the skin youthful and supple.

Ayurvedic oil massage is especially good at removing Vata imbalance, the usual cause of weakness, anxiety and fatigue. Most people report feeling much stronger, emotionally smooth and balanced throughout the day as a result of their morning abhyanga.
*See appendix 1 for a full discussion of how to do abhyanga and what massage oil to use.

Asanas and/or sun salutations
After the bath or shower it is highly recommended to go through a three part sequence of practicing yoga asanas, pranayama (yogic breathing technique) and meditation (I highly recommend the Transcendental Meditation (TM®) technique). Although each of these practices are valuable alone, when used in this sequence each step prepares you to gain even greater effects from the following ones.

Asanas and sun salutations help remove stiffness and heaviness in the body and are an aid in increasing circulation and flexibility. Improving flexibility removes surface fatigue and stress and helps reconnect the physiology with its inner intelligence. Wherever there is stiffness or hardness in the body it indicates that part of the body is losing contact with circulation and the nervous system. When this happens the fertile ground for disease has been created in the affected tissues. Maintaining a high level of flexibility in the body through asanas and sun salutations is a vital pillar of good health.

Yoga asanas postures are also excellent for this but should be learned from qualified instructors for proper technique and the correct sequence of postures. Maharishi Vedic Schools and Maharishi Vedic Medical Centers can be found in many major cities and teach excellent courses in Yoga asanas. Call 1-888-Learn-TM or connect to www.tm.org for the center nearest you.

Pranayama (Ayurvedic breathing exercises)
Pranayama is practiced after asanas or sun salutations. Pranayama further purifies and refines the functioning of the body and also helps remove dullness and fatigue. The best source of pranayama instruction is through Maharishi Vedic Schools and Maharishi Vedic Medical Centers. Qualified instructors of the TM technique can also instruct you in the proper practice of pranayama after TM instruction.

Asanas and pranayama sequentially remove surface fatigue and tension thereby preparing the mind and body to gain the most from the meditation period.

Eyes closed meditation (ideally the TM technique)
I respect the fact that many individuals are already practicing some type of meditation daily, enjoy their technique and benefiting from it. However, I do highly recommend the TM program and encourage everyone to hear an introductory lecture on the TM technique so they gain the information that would allow them to make the most informed choice for their personal meditation practice.

Maharishi Ayurveda describes the twice-daily practice of the TM technique as the single most powerful healing recommendation available. The benefits of the TM technique have been scientifically validated in over 600 published research studies in a variety of medical and scientific journals including the *American Journal of Cardiology,* the American Heart Association's *Stroke,* and the *Journal of Behavioral Medicine.* During the 20 minute TM practice the body experiences a state of deep rest characterized by more orderly brain functioning and increased mental awareness. Regular TM practice helps the body throw off deep stress and fatigue, improves mental functioning and is an ideal preparation for the activity of the day. The

TM technique is also an authentic, Vedic technique for the development of higher states of consciousness and the full health potential of the physiology.

For more information on the TM technique, please check out the TM web site at http://www.tm.org/or call 1-888-Learn-TM to be connected to the center closest to you.

Exercise
Exercise helps cleanse the body, improves circulation and increases mind-body coordination. Exercise is recommended daily in the morning when the sun is rising and the air is cool and fresh. We encourage people not to exercise to the point of exhaustion as the effect can be to create stress and strain and thereby be more damaging than helpful.
*See appendix 2 for more detailed information on the Ayurvedic approach to exercise.

Natural fabric clothing
Maharishi Ayur-Veda recommends natural fabric clothing as the most suitable attire for the health of the body. Natural fabrics breathe and do not disturb the subtle energy fields of the physiology. Cotton, wool, silk and rayon are the preferred fabrics. It is strongly recommend that people do not wear polyester clothes of any kind.

Breakfast
Digestion is not as strong at breakfast compared to lunch so food should be lighter and easier to digest in the morning. Stewed apples, raisins that have been stewed or soaked overnight, ripe sweet juicy fruits, hot milk, medjool dates and mixed grains cooked in water are examples of items that are nourishing and appropriate for most people at breakfast. It is best to avoid meats, eggs and cheese at breakfast.

Please follow the advice of your medical doctor regarding any changes in your diet.

Afternoon Routine

Lunch
Digestion is strongest during the middle of the day when we are most active and the heat element in nature, the sun, is strongest. This enlivens the heat element within our bodies, Pitta, which is responsible for digestion and metabolism. Therefore, the largest meal of the day should be lunch, taken between 12:00 noon and 1:30 PM, when digestion is strongest.

Because lunch is the main meal of the day we should put the most attention and planning into it. Ideally, lunch should be a warm, cooked meal with all six tastes. Warm or room temperature liquids should be sipped with the meal to aid secretion of digestive juices and absorption of food. Avoid cold drinks and ice water during meals as they greatly depress digestion.

Lunch should be eaten in a comfortable environment while sitting down. Since it is the most important meal of the day we should try to have at least one-half hour for lunch. At the end of the meal we should continue to sit for at least ten minutes to let the digestion get off to a good start. Many people have made great strides in improving their digestion, and how they feel in the afternoon, by adding this 10 minute rest period to the end of lunch.

This rest period is appropriate not just at lunch but anytime we eat. We should always try to sit for at least 5-10 minutes before we get up from the table. After this rest period it is recommended to walk at least 3-5 minutes before returning to our afternoon activities.

Asanas, pranayama and meditation
After the work of the day, but some time before the evening meal, it is again recommended to go through the three-part sequence of asanas, pranayama, and meditation. In order to accomplish this and start dinner before 6:30 it is ideal to be able to end work by 5:00 PM

By investing in this after-work rejuvenation period to remove accumulated stress, to develop consciousness and to increase mind-body coordination, we have a much better chance to grow healthier day by day instead of becoming more tired and imbalanced as time goes on.

Evening Routine

Dinner
During the evening digestion is not as strong. Additionally, soon we will be lying down to sleep which will slow digestion and circulation even more. For this reason it is better to eat a smaller quantity of food and less heavy, hard to digest foods at night. Most people should avoid heavy meats, cheeses, desserts and yogurt in the evening.

One of the main reasons people develop a buildup of toxins and heaviness in the body is that they eat large evening meals, which they cannot fully digest, and then lie dormant in sleep for many hours. Avoiding large meals in the evening is one of the most important practices for maintaining good health and normalizing weight.

If you are over 40 and overweight, light evening meals may be the single most crucial recommendation for getting your weight under control!

Since digestion is stronger in the early evening it is better to have dinner between 5:30 and 7:00 rather than later. The later we eat the less we should eat. If we eat later we should have light, easy to digest foods like soups and we should avoid heavy foods. Again sitting at the table for 5-10 minutes and then taking a walk (at least 100 steps, according to the ancient texts!) is recommended after eating the evening meal.

Relaxing activity
Pleasant relaxing activity is ideal for the evening. Strenuous or exciting mental and/or physical activity in the evening could make it more difficult to fall asleep. Since Kapha, the heavy, dull element is strongest in nature between 6:00 and 10:00 PM an evening walk is recommended. Not only does this aid digestion, it also allows the mind and body to absorb the deeply restful qualities of Kapha that are enlivened outdoors. This will help promote a good night's sleep.

To sleep before 10 PM
To gain maximum rejuvenation from sleep it is recommended to go to bed before 10:00 PM. Remember, the day starts the evening before with the quality and quantity of sleep we get.

Additional Daily Routine Recommendations

Drinking warm or room temperature water throughout the day

Most everyone can benefit from drinking water frequently throughout the day. This provides a daily cleansing of the digestive tract. It also keeps the channels of circulation open and helps the body eliminate impurities. The water should not be cold, rather room temperature or warmer. The most cleansing water is hot water that was boiled for 10 minutes before placing in a thermos. Be sure to take the extra time for this if you are trying to lose weight or have digestive problems.

Maharishi Amrit Kalash® Rasayana

Rasayanas are Ayurvedic herbal preparations that have general, overall balancing and nourishing effects for people of all constitutions.

Maharishi Amrit Kalash (MAK) is the premier rasayana in Maharishi Ayurveda, and consists of two formulas, "Ambrosia" and "Nectar." Scientific research has found the MAK formulas to be exceptionally high in antioxidant, free radical scavenging activity, with 1000 times the effects of vitamins C or E (*Pharmacology, Biochemistry and Behavior*, 1992, Vol 43, pp1175-1182.)

The MAK rasayanas are usually taken twice a day, morning and evening.

Maharishi Amrit Kalash is in my experience the single most powerful Ayurvedic herbal preparation available today. It can be used by virtually all body types and constitutions. If you wish to take an Ayurvedic herbal formula, I would recommend MAK as the foundation of your herbal program. (Note: please be sure to check with your health care provider before starting any herbal supplements.)

Maharishi Amrit Kalash is available through Maharishi Ayurveda Products International at 1-800-All-Veda.

Ayurvedic Seasonal Routines

Diet and the Seasons

1. Pitta Season: Summer

Because the hot, warm weather of summer increases Pitta within the body, we should adjust our diet to favor foods that pacify (decrease) Pitta. Eat more cool foods, cool drinks and foods with sweet, bitter and astringent tastes. Include the fresh, sweet, fruits and vegetables that grow in this season. Take fewer foods with pungent, sour and salty tastes. Eat less of the following foods: yogurt, cheese, tomatoes, vinegar and hot spices. (Please note “cool” does not mean cold.)

2. Vata Season: Winter

The cold, dry weather of winter increases Vata and we should follow a more Vata pacifying diet at this time. Favor warm food and drinks, heavier foods and more unctuous (oily) foods. Eat more of the sweet, sour and salty tastes. Avoid dry and cold foods and cold drinks. Eat fewer foods with pungent, bitter or astringent tastes.

3. Kapha Season: Spring

The cold, wet weather of spring increases Kapha, therefore we should follow a more Kapha balancing diet. Favor a diet that is lighter and less unctuous (oily). Favor warm foods and drinks. Eat more foods with the pungent, bitter and astringent tastes and fewer foods with the sweet, sour and salty tastes.

Exercise and the Seasons

Since exercise is most appropriate at Kapha periods more exercise is recommended in spring.

In summer it is important not to become overheated. Therefore less exercise, and exercise taken at cooler times of the day in early morning, is recommended. To keep Pitta in balance it is important not to overexert in the hot sun.

Seasonal MAHARISHI REJUVENATION Therapy

After the body has been functioning for 4 months in the specific climatic conditions of any of the seasons it builds up the toxins and impurities that come from functioning in that climate.

One of the main reasons people fall sick at the change of seasons is due to this accumulation of impurities from the past season and the body having the extra challenge of adjusting to a new climate.

Maharishi Vedic Medicine recommends cleansing the body of accumulated toxins and blockages at the change of seasons through Maharishi Rejuvenation Therapy, the revival of the authentic practice of the "Panchakarma" treatments of Ayurveda.
*See appendix 4 for a discussion of the panchakarma program at The Raj, the oldest and largest in-residence panchakarma center in North America.

Chapter 2
Proper Eating Behavior for Good Digestion

Without proper diet, medicine is of no use.
With proper diet, medicine is of no need.
— ancient Ayurvedic proverb

A. Fundamentals of Healthy Eating Behavior

How we digest and assimilate our food is just as important as what we eat. If digestion is disturbed, even the best diet will not provide proper nutrition. The following points include a variety of recommendations to aid in the most complete digestion of food.

- Eat according to your hunger level. Avoid eating when not hungry and do not delay eating when hungry.
- Eat at approximately the same time every day.
- Don't eat too quickly or too slowly.
- Do not overeat. Eat to about 3/4 capacity. Do not leave the table very hungry or very full.
- Allow 3 – 6 hours between meals. Do not eat before the previous meal is properly digested.
- Eat a balanced meal with all six tastes. (see chapter 3)
- Eat sitting down and in a settled environment. Do not read, watch TV or drive while eating.
- Sip warm or room temperature liquids during the meal. This enlivens digestion and helps the food be better dissolved and absorbed. Do not take ice cold liquids and foods with a meal as they suppress digestion.
- Sit comfortably for five to ten minutes after finishing the meal. This allows the digestive process to get well underway. If you immediately jump up from the meal, digestion will be disrupted and the food will be improperly processed.
- Chew the food well. Digestion starts in the mouth.
- Milk should be taken alone or with other sweet tastes. Milk should not be taken with vegetables, meat, fish, sour foods, salt or eggs.
- Eat fresh foods freshly prepared. Avoid leftovers.
- Avoid artificial foods, colors and preservatives.
- Fresh fruit and vegetable juices are recommended as part of your daily diet.
- Honey should not be heated in any way such as by cooking, baking or by adding it to hot beverages. Ayurvedic theory says that when heated honey is ingested it creates a toxic effect in the body. It can be added to tea or hot milk once the beverage has cooled down to body temperature.
- Eat organic food whenever possible. Strictly avoid genetically engineered or genetically modified food.
- Do not use a microwave as it can aggravate Vata in the food.
- Ayurveda recommends a vegetarian diet as ideal but if you have been eating meat for many years the transition should be made gradually with great attention placed on having a balanced diet and enough milk products to get the proper amount of vitamin B12.
- For the best health it is good to AVOID the following
  a) avoid snacks containing refined sugar. Have sweet juicy fruits, dried fruits, hot milk alone or with spices, dates, nuts and other wholesome foods instead.

b) avoid lunches of only raw salad. Raw vegetables are not a balanced diet at lunch, the most important meal of the day. Raw vegetables are too Vata aggravating to be eaten as the only item on the menu at lunch.
c) avoid carbonated beverages. They aggravate Vata being filled with air and destroy the foundation of "ojas", the chemical that contributes most to the immunity and vigor of the body.
d) avoid cold foods. Cold food depresses digestion and clogs the physiology.
e) avoid caffeine. Caffeine is very aggravating to Vata and Pitta and can significantly imbalance the physiology with overuse.

Major principles of Ayurvedic Diet and Food Preparation

a) Eat fresh food freshly prepared.
b) Eat a wide variety of wholesome foods
c) Cook foods more slowly on lower heat to take them through all the proper transformations of cooking.

Basic Qualities of Foods

a) Avoid frozen, processed foods.
b) Use organic food. Avoid genetically engineered food.
c) Use ripe foods. Avoid unripe fruits.
e) Avoid leftovers. Don’t eat leftovers out of the refrigerator as they are hard to digest and clogging to the physiology

C. Use of Spices in Food Preparation

There are two factors involved in proper nourishment. The first is to start with the proper food (organic, whole foods freshly prepared) and the second is to help **Agni** (the digestion, metabolism and tissue development processes) be maximally strong. Spices are the key to the second factor- transforming food into healthy tissue. For this reason the heavier foods you eat the more necessary it is to have proper spicing. Diets high in nutrition dense foods (fats, sweets, meat, desserts) require spicing or they will quickly lead to excess heaviness and clogging of the physiology.

How to Buy, Store and Prepare Spices

Because may of the active ingredients in spices are aromatic it is important to buy whole seeds rather than ground powders. When spices are ground in the factory they loose a lot of the aromatic compounds and continue to loose more as time goes by. Storing the spices in tightly closed glass containers helps the seeds maintain their potency. Seeds can be turned into powders right at the cooking time by places combinations in a spice grinder.

Spices also need help from heat to bring out their best qualities. Spices should be sautéed in oil or dry fried (placed in a frying pan that has no oil in it) before use. Normally you should add the seeds first to sautéing and then add the powders. Don't turn your back on the sautéing process as spices can burn easily.

Properties of Specific Spices

A. Salt

Salt is one of the 6 basic tastes and some salt is needed in the diet. Ayurveda has very specific recommendations regarding the ideal way to incorporate salt into food. Salt should be cooked into the watery portion of dishes. This is better than sprinkling it on at the table or sauteeing it with spices. Instead add it to soups while they are cooking or on top of vegetables while they are cooking.

Our bodies need many minerals besides sodium and chloride so use natural rock and sea salts whenever possible. Black salt has sulfur in it crating an unusual taste but it has a powerful stimulating effect on digestion.

B. Pepper

Pepper is part of the fascinating story of the relationship between spices, oils and brain physiology. Pepper helps carry nutrition across the blood brain barrier. Since the brain is over 50% fat it is nourished most by high quality oils. Sauteeing fresh ground pepper into organic extra virgin olive oil or ghee is recommended for rain nourishment.

Pepper is very stimulating to digestion and the cleansing aspects of metabolism. However, pepper is quite heating and potentially Pitta aggravating in nature and must be used sparingly with attention paid toward your personal experience with it.

C. Fresh, Green Herbs

Fresh green herbs, often though of as the Italian spices, have wonderful taste and excellent physiological properties but most are quite heat sensitive and should be added toward end of the cooking process. I recommend to always purchase the fresh green leaves from the produce section of grocery stores rather than using the dry spices in bottles in the spice section.

1) Basil, has a purifying, holistic and uplifting influence (called "sattvic" in Vedic terms) on the mind. It also has an influence on immunity and cleansing of the chest area. If a person has chronic cough and cold the fresh leaves may be steeped in hot water and drunk as a tea throughout the day.

2) Cilantro is the leaf of the plant that gives us coriander seed. It is very heat sensitive so traditionally chopped cilantro is added to dahl soups when they are taken off the heat at the end of the cooking process.

D. Sweet Spices

Sweet foods like desserts are high in nutritional content but are so carbohydrate dense that they need help from spices to cut the heaviness and strengthen the bodies digestion and assimilation. The "sweet" spices not only make our desserts taste wonderful but have an important physiological effect as well.

1) Cardomon is mostly used with milk products (lassi, solid indian milk desserts like barfy and hot milk) to reduce the mucous effect and help digestion.

2) Clove is especially effective at helping the Agni (fire of digestion and metabolism) get going at the beginning of the day. I often recommend that people have some stewed fruit at breakfast cooked with several cloves. The cloves enliven Agni over 3-5 hours and help digestion and metabolism be strong by lunch, which should be the heaviest meal of the day.

3) Cinnamon is prized for its ability as a transporter of nutrition to the tissues. It helps the body assimilate the building blocks of nutrition found in rich foods.

4) Saffron also helps build up the physiology. It strengthens all the tissues and has a particularly powerful effect on reproductive tissue and has been used to enhance fertility When saffron is added to a rice pudding with its milk, rice, raisins, cashews and sugar a powerful nourishing food for people with thin and wasting conditions is created.

E. Indian Spices

The traditional "Indian" spices are best known for their ability to increase digestion and metabolism. They are mostly pungent and have the ability to decrease Kapha (heaviness) and increase Pitta.

1) Ginger is the most favored of all Ayurvedic appetizers. It has a powerful effect on digestion but is not as heating as other pungent spices though you could still overdo it. Buy fresh ginger in the produce section (not the powdered ginger in bottles), cut it up and sautee it in oil. It is the most heat resistant of the spices we have mentioned so it can be added first to the sauteeing process.

2) Cumin is the other main Indian spice used to strengthen digestion. Dry fry cumin seeds or sautee the seed or powder for best effect.

3) Hing or asofoetida is an excellent appetizer but needs to be used in small quantities due to its powerful odor. Hing is often used as a substitute for onions and garlic in recipes. This is because onions and garlic have a dulling effect on the mind and consciousness. Often people involved in Ayurveda are also practicing meditation and consciousness development techniques and will have better experiences if they leave onions and garlic out of their diet.

4) Coriander is the most cooling of all the spices that have a significant effect on enlievining digestion and is a good spice for people high in Pitta.

5) Fennel has a good effect on preventing, indigestion and gas. It strengthens **apana**, the force that controls the downward flow of food through the digestive tract and is also a good spice to help elimination

6) Fenugreek as a powerful effect on fat, sugar and carbohydrate metabolism and is often used by people dealing with weight issues.

7) Turmeric is a very special spice as it is anti oxidant in its effect and helps cleanse all the tissues. It is also astringent and has a drying effect on mucous membranes and can be used by people suffering from colds and excess Kapha.

Properties and Cooking Recommendations for the Major Food Groups

A. Grains

Grains are famous for being the staff of life. They are rich in carbohydrates, protein and even high quality oils. To get the most from this food group be sure to have a wide variety of grains in your diet. Don't just stick with rice and wheat but include highly nutritious grains like amaranth, cous-cous, bulgar wheat, quinoa, millet and barley. Mixed grain dishes are especially nutritious and are good at breakfast and lunch.

The risen, loaves of bread that are so popular in the West have a slightly clogging effect on the physiology so if you have excess heaviness, slow digestion or elimination it is best to have less of these breads. Instead favor the flat breads like chapatis. Of course the more refined and processed the grains are the more likely they will also have this clogging effect, less roughage and also be less nutritious.

Grains are slightly drying in their effect and should be cooked with some oil. Barley has quite an anti-kapha (heaviness and tissue buildup) effect in the body and is the best grain for individuals interested in weight loss.

B. Oils and Spices

The most important of all food groups to get right in your diet are oils. Cardiovascular disease is the number one disease in America and the incidence of overweight people in our society, including children, is a major current topic for both the press and our legislators. A major contributing factor in both overweight and cardiovascular disease is the improper digestion and metabolism of oil in our diet.

Making the plot even more confusing is the fact that modern science is also increasingly becoming aware of the good qualities of oil for our health, a fact Ayurveda has espoused for thousands of years. The brain is over 50% fat and needs oils to be properly nourished. Studies are ongoing as to the positive effects of alpha omega 3 oils in reducing the risks of alzheimers and cardiovascular disease. This is a big change in the literature from 10 years ago when fat free diets where being touted as an essential component for health. It seems oils can kill us and they can make us more healthy. Which effect oils have depends on **what** oils we use and **how** we prepare those oils in our cooking process.

Maharishi Ayurveda provides the theoretical knowledge of how to include oils in the diet and yet not have them turn into excessive fat and cardiovascular degeneration. There are two things we have to get right to have oils nourish us rather than hurt us. First we must start with the right oils. Second we must cook the oils in a way that helps the body process these heavy and concentrated foods.

According to Ayurveda the best oils to include in the diet are:

1) Ghee

Ghee or "clarified butter" is made by bringing butter to a slow boil for 45-60 minutes and scooping the precipitated milk solids off the top. In Ayurveda the nervous system tissue is called

"majja" and the food that nourishes majja best of all is ghee. However if you do have high cholesterol or are overweight it is better to have olive oil be the main oil in your diet.

2) Olive oil
It is important to try to use extra virgin olive oil if possible. Extra virgin means there has only been one pressing of the oil, virgin means there has been two pressings and if it doesn't say extra virgin of virgin it could have been processed even more heavily.

3) Sesame oil
While nowhere near as essential as ghee and olive oil sesame oil has many beneficial effects. It is very Vata pacifying so one recommendation is to have it be the oil used in the evening meal where we want to settle the nervous system in preparation for sleep. However, sesame oil is quite hot and potentially Pitta aggravating in its influence and should be used sparingly if you have an unpleasant heating reaction to it.

Another major consideration in "what" oils we use is that it is very important to use **organic** oils. Many pesticides are fat soluble and concentrate in the oils of the plants they are placed on. This is especially an issue if you use corn or soybean oil (which we do not recommend anyway) as these crops often have heavy pesticide use.

I also highly recommend using only organic oils because if the label does not say organic then the seeds from which the plants come could have been genetically engineered. The current custodians of Ayurveda, with their deep belief in the wisdom of nature and natural process, are deeply concerned that genetically engineered foods could have many powerful, unhealthy side effects if ingested in large quantities over years. In the natural world it is not allowed to mix the genetic material of different species yet that is a common practice in genetically engineered foods.

However, it is not enough to use only proper and pure oils in our diet. Oils also need to be refined and transformed by the cooking process if they are to end up having a healthy effect in our body. Ayurveda has two main recommendations here.

1) Cooks oils more slowly over lower heats.
Excessive heat can break the molecular bonds in oils turning them from slender molecules that slip through tiny pores in our cells to large "tinker toy" like molecules that get stuck in pores and clog the body. Heat also can bend and twist the backbone of oil molecules again increasing their clogging properties. If your snowpeas explode when you drop them in your Wok then your oil is definitely too hot.

This is especially an issue with olive oil which is very heat sensitive. Olive oil should be cooked slowly over lower heats. This is also why it is so important to get one time pressed, extra virgin olive oil, as each pressing increases the amount of heat the oil has been subjected to increasingly disrupting its natural molecular geometry.

2) Sautee spices into oils.

It is our strength of **Agni**, the fire of digestion and metabolism, that determines whether even good oils end up as fat or healthy tissues in our bodies. Sauteeing spices into the oil is the main Ayurvedic technique to have Agni enhanced so the body properly processes the oil. **Ayurveda is clear that even good oils will be turned into fat and blockage in the body without proper spices being cooked into the oils.**

Ayurveda provides several recommendations to get the most taste and health benefit from our spices.

1) Start with whole seeds instead of ground powders.
Most spices are aromatic in nature and much of their potency and taste is lost when they are ground into powders causing their aromatic compounds to evaporate into the air. Buy organic spice seeds, store them in tight glass containers and grind them in a spice grinder right before use.

2) Spices need to be heated to bring out their properties
Spices can be placed directly in a frying pan and dry fried. However, the most potent way to enliven the spices through heat is to sautee them in oil. Sauteeing spices in oil not only helps the Agni of the body properly digest and metabolize the oil but it also can help the oil be carried across the blood brain barrier where it can nourish the brain tissue. Black pepper is especially helpful in carrying nutrition across the blood brain barrier.

Vaidyas (Ayurvedic physicians) have talked about how alzheimers, parkinsons, dementia and other neurological disorders seen in Westerners in old age are due to "dry brain". As we become older, Vata increases in the body causing it to lose its lubrication and dry up inside. This can be especially devastating to majja, nervous system tissue, which is mainly composed of oils. Ayurveda holds that when majja loses its nourishment from oils the result can be neurological problems in later life. The Vaidyas report there is much less incidence of neurological disorders during old age in cultures where the traditional diet includes many spices sauteed in oils.

The classic way to include sauteed oils and spices in dishes are to:
1. sautee oils and spices then add them to your soups and dahls as they are cooking.
2. sautee oils and spices then add chopped up vegetables, tofu or other high protein source.

Oil friendly Spices

Following are some spices and the main properties they have in helping oils be nourishing and not unhealthy in their effect.
1) Strengthen Agni of digestion and metabolism
fresh ginger root, cumin, black pepper, asofoetida, coriander, fenegreek
2) "Sweet" spices that are added to carbohydrate dense foods like desserts.
Excess sugars and carbohydrates are turned into fat deposits in the body. To prevent unhealthy fat accumulation Ayurveda recommends fenegreek, cardomom (use especially with milk products), clove, cinnamon and saffron be used with nutrition dense dishes.
3) Turmeric cleanses all the tissues
Turmeric has a powerful cleansing effect on all the tissues and is an important spice to include in your diet. However it should not be sauteed with oil but rather added the watery portion of the cooking process. Add turmeric to soups or vegetables during the middle of their cooking process.

In summary, oils can be a great friend or enemy of our health. Ayurvedic theory helps provide the knowledge of how to extract the maximum health benefit from this essential food group.

C. Milk

Milk, like the oils have exceptionally positive health qualities and also can create many health problems if used inappropriately. The main thing that has to be taken into consideration is that

milk products are very heavy, clogging and mucous creating in many forms. Following are the three best forms of milk products

1. Boil milk, add spices like cardomon, ginger or turmeric and drink while still hot. Cold milk is very hard to digest for almost everyone. Milk needs to be boiled and drunk while still warm to help overcome its heavy and mucous forming properties. Adding spices that cut the heaviness of milk like turmeric, ginger and cardomon help even more.

2. Freshly prepared yogurt made into a lassi and drunk at lunch. Yogurt becomes increasingly heavy, clogging and acidic over time. Ayurveda recommends that ideally yogurt should be consumed within 24 hours of it being made. It is also too heavy to be eaten at breakfast or dinner when digestion is less strong. The last part of the recommendation is to dilute the yougurt with 3 to 4 parts water, add spices and turn it into a lassi.

3. Panir is the most pure, easily digested and nutritious of the cheese family. It is easily made by bringing a large pot of milk to a boil and adding enough fresh lemon juice and/or yogurt to make the milk solids curdle. When you have large, white clumps of milk solids floating in a clear yellow liquid your cooking is finishes. Pour the mixture into a sieve and take the milk solids and press them slightly until the water is mostly out. Panir still needs to be cooked before eating and is wonderful in soups and vegetable dishes. Just cut your panir into cubes and sautee it in oil and spices, then add to your dish.

Avoid or Reduce: Yogurt, cold milk, hard yellow cheeses and ice cream are some of the most clogging and hard to digest of all foods and should be avoided.

D. Vegetables

Vegetables are very important for their vitamins, minerals, roughage and freshness. I especially recommend including plenty of leafy, green vegetables in your diet. Most people should have less of the root vegetables (potatoes) as they are heavier and harder to digest. Root vegetables need more spicing due to their heaviness. Salads are good as a minor part of our meals but I do not recommend having whole meals of just raw salad especially at lunch. Raw, cold vegetables are very Vata aggravating and do not provide the variety we should be having at the largest meal of the day.

The best cooking methods for vegetables are:
1) Sautee spices in olive oil or ghee and then add cut vegetables and continue to sautee
2) Roast vegetables by stirring larger chunks of high water content vegetables (squash, zuccini, fennel) with a mixture of oil, herbs and spices. Then place this pan in the oven and bake until done
3) Grill vegetables by mixing vegetables with oil, spices and herbs and then placing on the grill
4) Steaming is a very pure way of preparing vegetables but the process drains significant amount of vitamins, minerals and taste out of the vegetables before it is finished.

E. Fruits

Fresh, juicy fruits like grapes, pears, melons, plums are an excellent addition to almost everyone's diet. Be sure the fruits you eat are ripe as unripe fruit can be acidic in nature. Following are some common fruits and specific characteristics important to take into account.
Banana: Slightly hard to digest and an acidic after effect in digestion.
Pears: Especially good for emotional stability, balancing anger and excessively hot emotions

Apples: Best when stewed with some clove and had at breakfast. Slightly hard to digest and Vata aggravating when eaten raw.
Melons: Especially good in summer to cool down Pitta
Raisins: Best to soak them overnight before eating.

F. Legumes, Dahl and Tofu

Good legume soups are missing from most people's diets in the West but they are very essential to a balanced diet. With grains legumes can form a complete protein and they are the main source of the astringent taste. Because legumes can be hard to digest it is important to eat them with proper spicing. Sautee spices like fresh ginger root, cumin, coriander, turmeric and ground black pepper in ghee or olive oil and add them to the dahl toward the end of the cooking process. Chopped fresh cilantro is taditionally added to dahls after they have finished cooking.

Mung dahl is the most balancing of all the dahls. It comes as whole mung dahl which is more nutritious, harder to digest and takes about 45 minutes to cook. Split mung bean dahl is easy to digest and takes about 2-25 minutes to cook. The best strategy is to have a wide variety of dahls in your diet and you can even mix dahl flours with grain flours in your baking.

While the classical Ayurvedic texts do not address tofu it is a hard to digest food that needs good spicing. I recommend having tofu no more than 2-3 times a week in the diet.

G. Nuts and Seeds

Nuts and seeds are packed with protein, carbohydrates, roughage and high quality oils. However, they are often hard to digest and can be Pitta aggravating. It is especially good to soak cashews and almonds before eating as Pitta aggravating qualities are absorbed by the water. It is especially important for vegetarians to have these rich, nutritious foods as part of their diet.

F. The Cook and the Kitchen

One of the most major themes in Ayurvedic cooking is the powerful effect of the consciousness of the cook on the food. If the cook is unhappy and emotionally disturbed some of that quality gets in the food. Make your kitchen a bright and pleasing space. Try to avoid cooking if you are emotionally distraught if you can. The kitchen is not a pace to have argumentative discussions with your family and friends. The consciousness of the cook is also a major factor when you go out to eat at a restaurant because you have no idea or control over the quality of the cook and their workplace in a restaurant.

Avoid the use of aluminum or non stick cookware. Stainless steel is a good alternative as is occasional cooking with iron cookware. Cooking over a flame is considered the best heat. Microwaves are not at all recommended as they create high Vat quality in the food.

Food preparation is an art and a joy. Proper diet is also great medicine and the key to a long, vibrant and healthy life. It is key to everyone's life be educated in the knowledge foods and their preparation.

Suggestions for Meals

1. Foods good at Breakfast. (need to be combined properly)

a) Medjool dates
b) Stewed Fruit: apples with raisins or dried fruit, cinnamon stick and whole cloves (discard the cinnamon stick and cloves after cooking)

d) Boiled grain cereal or flat bread
e) Hot, spiced milk
f) Avoid cold milk on cereal out of a box.
g) Fresh fruit juice

2. Foods good at Lunch

a) boiled grain b) 2-3 vegetables c) spiced dahl d) chapati (flat bread) e) lassi, f) panir, g) chutney h) dessert (cooked fruit tarts, whipped cream) i) sip warm water or tea.

3. Foods good at Dinner

Vegetable or dahl soup, boiled grain, green vegetable with proper oil and spices.

Key Ayurvedic Recipes

The Preparation of Ghee

Ghee is clarified butter. According to Maharishi Ayur-Veda it is the best oil for all doshas, because it improves the digestion without aggravating Pitta. Ghee can be used as cooking oil, as a digestive aid, or as a flavoring in place of butter. Under doctors' recommendation, it is also taken in its melted form as a preparation for Maharishi Ayur-Veda Rejuvenation Treatments at The Raj.

1. Place one or more pounds of unsalted butter in a deep stainless steel or Pyrex type glass pan on medium or medium-low heat. Watch to make sure that the butter doesn't scorch while melting.
2. Within the next 30 to 40 minutes the water will boil away (approximately 20% of butter is composed of water). Milk solids will appear on the surface of the liquid and also at the bottom of the pan.
3. Be alert to remove the liquid from the heat as soon as milk solids turn golden brown on the bottom of the pan; otherwise the ghee may burn. At this point, you may notice that the ghee smells like popcorn and that tiny bubbles arise from the bottom of the pan.
4. Strain sediment from ghee while hot, by pouring it through a cotton cloth placed over a stainless steel strainer or Pyrex type pan. At this point it is very hot, so you should always be cautious.
5. Ghee can be stored at room temperature for 3 to 4 months or longer if it is refrigerated. Later if ghee becomes solid due to being cool, just heat it slightly and it will return to liquid.
6. Ghee is usually available at delicatessens, natural food stores, and Indian groceries in your community.

Yogurt

Purchase a small container of plain yogurt at the grocery to use as “starter.” Milk to use: whole cow’s milk.

• Boil milk for 10 minutes with a few slices of fresh ginger. Cool to warm (40 degrees Celsius / 100 degrees Fahrenheit or just slightly warmer than body temperature).

• Pour milk into cups of yogurt maker.

Add 1/4 teaspoon of yogurt to each cup. DO NOT STIR!

Allow automatic process to continue until the next day.

Save a small amount of new yogurt to make the next day’s batch.

Lassi

Yogurt and lassi are not considered the same thing in Maharishi Ayur-Veda. So if yogurt is restricted, you may have lassi. Yogurt or lassi are best taken after lunch or late afternoon rather than evening.

Lassi is a yogurt drink, which is considered to be a healthful digestive aid. It is made by diluting yogurt and adding some spices, to taste, for the desired effect.

Enjoy this drink at room temperature at the end of your luncheon or as an afternoon treat.

Sweet Lassi

3 parts	*water (room temperature)*
1 part	*yogurt*
	sugar
	rose water
	(fresh) cardamom powder

Digestive Lassi

3 parts	*water (room temperature)*
1 part	*yogurt*
pinch	*salt to taste**
pinches	*cumin*
1/4–1/2 tsp	*chopped cilantro (the fresh form of coriander) or mint*

(Digestive lassi is also considered helpful for gas problems)

*Black salt in lassi is very effective as a digestive aid. It has a sulfur smell and taste — not everyone enjoys it. However it does provide the best aid to gas and digestive problems. Black salt can be purchased at Indian grocery stores or ordered through The Raj Herbery.

Panir

Bring milk to a simmering boil in a large pan watched very closely. Add lemon and/or yogurt until the milk congeals and there are clumps of milk solids floating in a clear yellow liquid. Strain the panir from the liquid, let cool and dry. Press panir together and then cut into cubes and sauté before adding to dishes.

Chapati

The following recipe is good for Vata and Pitta dosha and makes 12 servings:
2 cups unbleached white flour
1/2 tsp salt
1/2 – 2/3 cup warm water

Combine flour and salt in a mixing bowl. Gradually add water until dough forms a firm ball. Dust with flour. Cover and let set 30 minutes.
Cut dough into 12 pieces and form into balls. Roll out balls on a floured surface into 6" circles.
Place a chapati in a heated griddle. Cook about 1 minute on each side.
Put the chapati directly on a gas burner flame and cook until it puffs up.

Mung Dahl Soup

Mung dahl soup is easy to prepare and easy to digest. Serve it accompanied with a flatbread or rice and vegetables. Grains and dahl make a complete protein. Always sort, wash and drain mung beans first.

Following are the ingredients for a soup that will serve 4 to 6 persons:
1 cup split mung dahl
6 cups water
1 tsp turmeric
2 tsp ground coriander
2 tsp peeled and minced fresh ginger root
1 tsp salt
2 Tbl ghee/or olive oil
1 tsp cumin seeds
1 tsp mustard seeds
4 Tbl coarsely chopped fresh cilantro

1. Sort, wash and drain the split mung beans.

2. Combine the mung beans, water, and spices in a large pot, except the cumin and mustard seeds. Stirring occasionally, bring to a full boil over high heat. Reduce the heat to moderate. Cook for one hour or until the dahl is soft and fully cooked. Stir occasionally to prevent sticking and add water as needed to keep dahl to desired consistency.

3. Remove from heat, uncover, whip with a wire whisk until the dahl soup is creamy smooth.

4. Heat the ghee in a small saucepan over moderate heat. When it is hot, add the cumin and mustard seeds then fry until the seeds turn brown. Put a small amount of dahl into the cooked spices and mix, then pour into the larger pot. Cover for 1-2 minutes. Mix in turmeric. Serve garnished with cilantro. For variety, vary spices and any vegetables added to the dahl.

SALAD

This salad adds a delightful freshness to the meal and stimulates the digestive process.

Carrots	Fresh lemon juice	Salt
Beets	Basil	Black pepper
Parsley	Fresh ginger root	

• Grate the carrots, beets, and fresh ginger root. Add the parsley and basil and toss together. Garnish with a squeeze of lemon juice and a dash of black pepper and salt.
• Those with Vata imbalance or weak digestion should only have about 2 tablespoonfuls chewed well.

Thermos Flask Lunch

The thermos flask lunch is for people who have jobs that do not allow them to have access to well cooked, balanced meals. The thermos flask lunch provides the foundation of a balanced lunch — the most important meal of the day.

• *1/4 cup yellow split mung beans* • *1/4 cup bhasmati rice*
• *1-1/2 cups fresh vegetables, cut into small pieces to fit into thermos*
• *1 Tblsp ghee* • *2 cups water*
• *whole or ground spices to taste (salt, pepper, cumin, ginger, turmeric, etc.)*

Briefly sauté the spices in the ghee (see notes below for more information about cooking spices). Add the mung dahl, rice and chopped vegetables. Cover with the water, and simmer for five minutes only. While still boiling hot, quickly pour the mixture into a one-liter or one-quart thermos (you may need to spoon it in, but don't let the mixture cool). Close the thermos quickly and leave it closed for about four hours. The meal will cook and be ready to eat after four hours in the thermos.

Note:

- You may need to experiment with amounts and cooking times to get the best results. The exact amount of cooking time depends on the time lapse between cooking and eating and how well your thermos retains heat. If the time between cooking and eating is 5 to 6 hours, then only two minutes of cooking time may be required. If the time lapse is 2 to 3 hours, then five to ten minutes cooking time may be required.
- Since mung dahl and rice swell up substantially, you will need a generous amount of water to get the proper consistency.
- Heavier vegetables like carrots and beets need one to two more minutes of cooking with the rice and dahl. Lighter vegetables like spinach and leafy greens can be added just before pouring the whole mixture into the thermos.
- You can substitute beans and lentils for the mung beans. Heavier lentils and beans will need considerably more time. They should be cooked first after frying the spices. Then rice and vegetables should be added, in order.

Chapter 3
Ama and the Dhatus

Ama refers to toxins, impurities and blockages that accumulate in the physiology. The localization of ama in the tissues disrupts and confuses the delicate biochemistry of the body, resulting in a wide variety of symptoms. When ama blocks the channels of circulation, like blood and lymph vessels, the body's ability to maintain homeostasis and balance in that area is lost and the fertile ground for disease is laid.

If your personal experience is that you have any type of "chronic" disorder or symptoms that have not gone away even with modern medical or "natural" treatment approaches then ama is probably blocking the effect of your treatments.

In Maharishi Ayurveda, the first treatment priority is removing ama by
1) stopping the lifestyle mistakes that create ama (we addressed this in the first chapter of the booklet) and
2) using natural Ayurvedic approaches to cleanse the body of ama where it may have accumulated.

As ama accumulates in the body a wide variety of symptoms and disorders result. Localization of ama results in stiffness, aches and pains, heaviness, tiredness and dullness. Another whole set of symptoms and disorders gets created as the body tries to fight the aggravating effects of ama. For example, the result of this struggle between the body and ama can result in the build up of excess tissue in the form of fibroids, cysts, and a variety of tumors.

Another set of symptoms comes when the immune system perceives ama as foreign material and fights it through inflammation in an attempt to remove the toxins. This can further result in a mistaken or "auto-immune" response against the body's own tissues. Unfortunately this can result in pain and/or swelling in that area. For example, conditions like arthritis, asthma and inflammatory bowel disease are created and aggravated by the accumulation of ama.

Ama can come from environmental pollutants, mental and emotional disorders and a variety of other sources. However, **ama mainly comes from improperly digested foods**. As a result of the indigestion large, misshaped, molecules become absorbed into the bloodstream as they have not been broken down properly in the digestive tract. Because the various channels and openings of the body are structured for smaller molecules the large ama particles start to block the fine pores and channels within cells and throughout the body. Many symptoms result from this process.

For example because the cell pores are blocked they can start to build up toxins inside or even suffer from malnutrition as nutrients can't get in from the outside. As a result even though a person may have eaten a large meal they soon get hunger signals from the body because certain tissues truly are starving. The person eats more to satisfy this false hunger and starts to put on more weight, creates more ama, and gets dragged into a downward spiral of increasing imbalance on all levels.

Evaluating Your Ama Level

In ***A Woman's Best Medicine for Menopause*** I described the general symptoms of ama accumulation and ama-free condition as follows. Consider these two lists as your general ama questionnaires and determine whether you have mainly symptoms of ama-filled or ama-free functioning.

Symptoms of ama accumulation

1. You wake up tired even after a good nights sleep.
2. You feel lethargic
3. Your tongue is coated especially upon awaking in the morning
4. You don't feel real hunger even when you haven't eaten for hours
5. You have generalized aches and pains. They often are noticed the day after eating certain heavy foods, like meat, cheeses, desserts and fried foods
6. You lack mental clarity and energy
7. You have a sense of heaviness in the abdomen, legs or body as a whole
8. You feel weary and unenthusiastic
9. You experience frequent indigestion like gas bloating and or heartburn
10. You feel blocked anywhere in the body, including constipation, sinus congestion and difficulty breathing.

Symptoms of an ama-free physiology

1. You feel fresh, rested and even blissful upon awakening in the morning
2. Your skin has a healthy glow
3. Your tongue is pink and clear
4. Your body feels light, regardless of your weight
5. Aches and pains are disappearing
6. You do not feel bloated or heavy in the abdomen
7. You feel energetic during the day
8. You feel enthusiastic
9. Your mind is clear
10. People say, "Have you lost weight?" or "What are you doing you look so good".

The Four Main Causes of Ama

Following is a list of several of the major factors that create ama.

1. Eating a large, heavy meal in the evening.
This is the single, largest and most common mistake that most people make. This behavior is especially problematical after 40 as the metabolism and digestion become slower**.** If you are overweight and over 40 it will be virtually impossible to reverse a weight problem without cutting back large evening meals.
2.Eating leftovers that have been in the refrigerator
Food that has been cooked and then refrigerated is very high in ama creating qualities. Our diet should be fresh food freshly prepared for good health.
3. Eating processed, refined foods made by man and not by nature
The more a food has been processed and fractions of it isolated by chemical processes the more it is high in ama creating quality. In Ayurvedic terms processing destroys the inner intelligence and

prana (life force) of the food. Processed foods to avoid as much as possible include canned, packaged and frozen foods.

4. Ingesting cold foods and drinks

Cold depresses the digestive fire and increases the likelihood that ama will be created from food.

Six Surefire Ama-Busting Approaches

1. Eat fresh food, freshly prepared.
2. Favor warm cooked food rather than large salads, sandwiches and other cold foods.
3. Eat the largest meal of the day at lunch when digestion is strongest.
4. Avoid consumption of large quantities of cheese and heavy meats.
5. Exercise daily.
6. Sip warm or hot water with meals and throughout the day.

Determining Where Your Ama Has Accumulated: The Key to Eliminating Ama From Your Body

Ama usually does not accumulate equally throughout the body. It is crucial for removing ama to determine specifically where it has gone. Ayurvedic treatment programs should be specific to the tissues the ama has accumulated in. Therefore the next step in understanding and removing ama is to learn about the Ayurvedic knowledge of tissues or "dhatus"

The Seven Tissues (Dhatus)

The dhatus are the 7 principles of biological intelligence responsible for forming the 7 major tissues of the body. The dhatus are not the tissues themselves but the underlying organizing principles responsible for forming those tissues.

The seven dhatus are:

1. Rasa: lymph & nutrient fluid
2. Rakta: corpuscular blood
3. Mamsa: muscle
4. Medha: fat and hormones
5. Asthi: bone & connective tissue
6. Majja: nerves and bone marrow
7. Sukra: reproductive tissue, ova and sperm

Ayurvedic theory describes the dhatus as forming in sequence from one to the other in this order. This is an especially important fact when treating imbalance. For example there may be osteoporosis, a clear disturbance of the asthi dhatu. However on close analysis there is also a significant imbalance in meda (fat, carbohydrate and hormone metabolism) the dhatu that precedes and turns into asthi. The Ayurvedic approach may require first putting attention on balancing meda in order to eventually balance asthi.

Following is a questionnaire that will educate you more about the symptoms that occur when a dhatu is imbalanced and will help determine what ama may have localized in you. Again I recommend filling out the form in pencil so you can return and document your progress.

Analysis of Balance and
Ama Accumulation in Your Tissues

BLOOD PLASMA (RASA)-- The Clear Portion of the Blood

_____Dry Skin
_____Vaginal dryness
_____Excess mucus or respiratory congestion
_____Fatigue/tiredness
_____Ovarian cysts (female) or hydrocoele (male)
_____Underweight or early wrinkling of the skin
_____ TOTAL

RED BLOOD CELLS (RAKTA)- red blood cells and bile

_____Hot flashes or frequently feeling hot
_____Heavy menstrual bleeding or nose bleeds
_____Skin rashes or acne
_____Gallbladder problems
_____Endometriosis
_____Excessive thirst
_____ TOTAL

MUSCLES (MAMSA)- muscle tissue

_____Muscle aches or pains
_____Easily fatigued muscles
_____Itchy ear canals or eczema of ear canal or excess ear wax
_____Fibroids of the uterus (female) or enlarged prostate (male)
_____Fibrous tumors of the breasts
_____Dry, cracking lips
_____ TOTAL

FAT AND HORMONES (MEDA)- fat, hormone and carbohydrate metabolism

_____Weight gain
_____Diabetes or insulin resistance
_____High cholesterol or triglycerides
_____Malodorous sweat or body odor
_____Fatty cysts under the skin, scalp or in the breasts
_____Coronary artery disease
_____ TOTAL

BONES (ASTHI)- bone, cartilage, hair and nail tissues

_____Low bone density (osteopenia or osteoporosis)
_____Hair breaking or split ends
_____Hair with dryness or lack of lustre
_____Nails breaking
_____Joint pains or osteoarthritis
_____Deep pains in the bones
_____ TOTAL

BONE MARROW (MAJJA)- the central nervous system tissue and immune system

_____Frequent or recurring infections
_____Excess secretions of the eyes
_____Dryness of the upper portion of the eyelids (not inflammation or blepharitis)
_____Immune system disorder
_____Pain in the tendons, easily injured tendons or tendonitis
_____Tendency for fainting, light-headedness or spaciness
_____ TOTAL

REPRODUCTIVE ESSENCE (SUKRA)- The egg and its supportive tissues

_____Absence of libido or impotence (impaired erection or ejaculation)
_____Severe vaginal dryness
_____Lacking overall sexual attractiveness
_____Dull eyes, lack of clarity of the eyes
_____Infertility
_____History of more than one miscarriage
_____ TOTAL

If you scored 3 or higher in any one tissue category that tissue is being affected to a significant degree by ama accumulation.

If you scored 1-2 in any tissue category ama is beginning to form in that tissue.

Ayurvedic Dhatu Balancing Recommendations

If your scores indicate ama is starting to accumulate in specific dhatus it is important to pay attention to the many areas of lifestyle, diet and eating behavior that have been described in this booklet.

Dhatu	Factors that Disturb the Dhatu Reduce these factors if you have this dhatu imbalance.	Lifestyle and dietary factors to favor that balance the dhatu.
Rasa (blood plasma)	**Rasa is imbalanced by factors that disturb digestion** 1)low water intake, 2) fasting, 3) irregular meal times, 4) eating excessive quantities of dry foods 5) excess salt 6) eating before the previous meal is digested 7) overeating Rasa is also disturbed by 8) staying up late at night 9) insufficient sleep 10) mental stress, worry and fear	1) drink plenty of water 2) eat sweet, juicy, fresh fruits (pears, grapes, plums, oranges, melons) 3) eat juicy vegetables (zucchinis, squashes, cucumber) 4) get more sleep 5) manage stress, ideally through the TM technique 6) perform abhyanga (herbalized oil massage) daily
Rakta (red blood cells)	1) acidic foods like tomatoes, vinegar, fermented foods 2) alkaline (leavened with baking soda) 3) toxins like alcohol, nicotine, drugs, chemicals 4) frequent anger and frustration 5) hot, spicy foods 6) artificial colors, preservatives, pesticides 7) aged cheeses 8) violent movies or news shows 9) late bedtimes	1) more neutral taste diet, less spices 2) plenty of water intake 3) good quantities of fruits and vegetables 4) T M technique 5) bed before 10 6) reduce anger 7) don't skip meals, have regular meals mealtimes 8) drink 1/4 cup of aloe vera juice daily 9) include rose petal jam or rosewater in your diet (add to milk or lassi)
Mamsa (muscles	**Mamsa is disturbed by factors that create dense, sticky ama.** 1) old foods and leftovers 2) cheese, cold deli foods, ice cream 3) leftover or impure meats 4) overeating 5) deep fried foods 6) cold drinks 7) eating meat or cheese late in the day	1) yoga, stretching 2) exercise 3) abhyanga 4) vegetarian diet 5) amla berry preparations (Indian grocery stores or MAPI 1-800-all-veda) 6) eat 1-2 dates a day and buckwheat at least once a weak 7) Strictly avoid red meat, pork and cheese

Meda (fat & carbohydrate metabolism & hormones)	**Meda is disturbed by factors that clog and slow metabolism** 1) overeating fats, refined sugar foods, deep fried food and high calorie food 2) large evening meals 3) excess meat and cheese 4) impure cooking oils like non-organic, refined vegetable oils 5) snacking late at night	1) increase exercise (consult your physician if you have any known condition) 2) increase fiber in the diet 3) eat organic foods 4) use organic, unrefined olive oil 5) eat bran, whole cooked grains, especially barley and quinoa, cooked, green, leafy vegetables, and legumes (lentils, dahls, dried beans, and peas)
Asthi (bones, cartilage, teeth, nails)	**Asthi is most easily disturbed by factors that aggravate Vata dosha(Ch.3)** 1) late nights 2) mental stress 3) irregular meals 4) smoking 5) toxins esp. mercury and lead	1) adequate dietary calcium and Vitamin D 2) calcium rich foods like sesame seeds, tahini, broccoli, blanched almonds, kale, fresh asparagus 3) 30 minute walk in the rising sun without sunscreen if tolerated (sunscreen blocks vitamin D production) 4) abhyanga daily
Majja (bone marrow, immune system, brain and nerve cells)	1) unnatural unwholesome foods (junk food, processed food, fake cakes, genetically engineered food, food not ripened on the vine) 2) corticosteroids that decrease bone marrow production (consult your doctor before changing intake of any prescribed medicine) 3) mental stress 4) plenty of sunlight 5) foods rich in calcium, magnesium, vitamin B6 and B12	1) more rest 2) gentle but regular ecercise 3) daily abhyanga 4) TM technique 5) healthy, pure, wholesome foods 6) walnuts, pecans, blanced almonds 7) warm blended date/milk shakes 8) rice pudding with basmati rice, raisins, chopped nuts, saffron and organic raw sugar to taste
Shukra (reproductive essence, sperm and ova)	**Shukra is disturbed by excess sexual activity, exhaustion and poor nutrition** 1) excessive sexual activity 2) frequent childbirth 3) carbonated beverages, baking soda, alcohol 4) mental and emotional stress 5) unwholesome foods lacking in nutrients 6) inadequate food intake 7) inadequate sleep	1) practice moderation in sexual activity 2) to bed before 10 PM 3) daily abhyanga 4) eat nurturing foods like date milkshakes and rice pudding (#7&8 in majja above) 5) fresh asparagus 2-3 times a week 6) mangoes in season 7) one sweet juicy pear or apple each day.

Importance of the sequence of dhatu development

It is very important to also remember that the dhatus get built up one to the other in the sequence rasa, rakta, mamsa, meda, asthi, majja, shukra. If a dhatu early in the sequence is disturbed the others that follow will be weakened. For example often an asthi imbalance (osteoporosis) is created by a meda (fat and hormone) imbalance. Balance the first dhatus in the sequence to strengthen the later ones.

Following are two specific recommendations you can use to cleanse the dhatus

1. Ayurvedic Herbs: The Maharishi Amrit Kalash preparations with over 40 different herbs and fruits have a very powerful influence on cleansing the dhatus and opening the channels throughout the body.

2. Spice waters: Specific spices can help to "clear" specific dhatus of ama. Spice water is prepared by placing proper quantities of the dhatu specific spices in boiled hot water in a thermos and then drink that spice water throughout the day. The hot water penetrates through all the tissues carrying the specific cleansing effect of the spices into the tissues most affected by them.

Spice waters are one of the simplest and most profound recommendations in all of Ayurveda. I highly recommend you use them daily for a period of 2 months at a time. Then take a month off, then retake the test and use your updated recipe for another two months. Repeat this cycle until you are ama-free!

Following is a list of which spices to use for cleansing specific dhatus.

Balance Area	Spice	Quantity	Comments
Basic recipe	cumin	1/4 teaspoon	helps absorption of nutrients
Basic recipe	coriander	1/4 teaspoon	helps the kidneys cleanse the body
Basic recipe	fennel	1/4 teaspoon	strengthen the downward flow of elimination and reduces flatulence and bloating
Rasa	ajwan	1/8 teaspoon	since ajwan is quite heating reduce or skip if you are having intense Pitta imbalance or hot flashes
Rakta	Indian sarsaparilla root	1/8 tsp.	
	manjistha	1/4 tsp.	powder or leaves of tea cut size
	dried Indian Hibiscus flowers	1/4 teaspoon	Do **NOT** use Western/American hibiscus as it has very different properties
Mamsa	dried Indian Hibiscus flowers	1/4 teaspoon	Do **NOT** use Western/American hibiscus as it has very different properties
	licorice root	1/8 teaspoon	Do not use if you have high blood pressure, fluid retention, breast cancer, fibroids or heavy bleeding.
Meda	fenugreek seeds (crushed a little to release their effects)	1/8 teaspoon	
	cinnamon stick	1/4 inch	
	Indian sarsaparilla root	1/8 teaspoon	
Balance Area	**Spice**	**Quantity**	**Comments**
Asthi	marshmallow root	1/8 teaspoon	the herb! not the puffy, white marshmallows from the grocery store

	Indian sarsaparilla	1/8 teaspoon	
Majja	Indian sarsaparilla root	1/8 teaspoon	
	bala root	1/8 teaspoon	
	fresh basil leaves	3	
	marshmallow root	1/8 teaspoon	
Shukra	Indian asparagus root	1/4 teaspoon	
	marshmallow root	1/4 teaspoon	

How to make your personal spice water recipe

Drink each day for 2 months.

Boil 2 quart(s) of water for 5 minutes. Pour into a thermos. Then add the following spices in WHOLE seed form to make the basic recipe.

To individualize your water, take the dhatu test above. Then add the spices indicated in the dhatu chart above for each dhatu you scored 3 or higher in. That completes your spice water recommendation.

Use the WHOLE seed, tea-cut or chunk form of the herb whenever available (except any turmeric, sandalwood or manjistha, which are powders). Rosebuds should be without stems or leaves. Many ingredients will be available at your local herb shop or whole foods store. All are also available through MAPI at 1-800-ALL-VEDA.

Spice	**Quantity**	**Area balancing**
Cumin	1/4 teaspoon	Base recipe
Coriander	1/4 teaspoon	Base recipe
Fennel	1/4 teaspoon	Base recipe

Then drink the water throughout the day. Allow the water to cool to lukewarm or room temperature after pouring into glass, before drinking. Please simply drink the water and do not eat the spices themselves. The water-soluble fraction of the spices will be helpful, but the other parts may be aggravating for your system. You may drink other water during the day according to thirst, but try to drink all the spiced water by 6PM. Drinking it later may keep you awake at night due to its mild diuretic effect. This spiced water must be made fresh every day.

Chapter 4
The Three Doshas -Vata, Pitta and Kapha

Section 1
The Divisions of Biological Intelligence: Vata, Pitta and Kapha

Ayurveda says there are two levels within us that must be coordinated and balanced in order for us to be healthy. The first level we are all familiar with. It is the material level of cells, tissues and organs. But Ayurveda describes how the material level is actually just an expression of biological intelligence and that biological intelligence is a subset of the intelligence at the basis of all natural phenomenon. According to Maharishi Ayurveda the intelligence level creates and controls the material level. Modern medicine diagnoses and treats the material level of cells, tissues and organs. Ayurveda diagnoses and treats the intelligence level. This is the difference between the two systems.

The Divisions of Biological Intelligence: Vata, Pitta and Kapha

Biological intelligence in the human being has three subdivisions which control the various activities of the physiology. These three divisions are **Vata**, **Pitta** and **Kapha** - the three doshas.

Although the knowledge of the doshas is very ancient it is actually more in line with the latest understanding of the world that modern science gives us than even modern medicine. Modern medicine is a very "classical physics" (the world is "particle" in nature) approach to the issues of health care, evaluating them all from a molecular perspective. We see this in its biochemical evaluation of virtually all aspects of health. The physiology is explained in biochemical terms and when modern medicine tries to cure you it usually just gives you a molecule (most prescription drugs are actually just one specific molecule). Such a molecular oriented approach would naturally culminate in the exploration of the molecule that makes all the other molecules. Thus the cutting edge of modern medicine is investigation into the function of DNA and the human genome project.

However, modern physics abandoned the classical model over 60 years ago in favor of a quantum mechanical view of nature. In the quantum mechanical view it is **fields in vibration** that compose the structure of nature and explain its functioning in a way that classical physics never could. Quantum physics tells us the ultimate information in nature is not molecule based but quantum field based. An example of the power of fields to carry information is in modern television and radio. The tremendously complex information we receive from both is encoded in the vibratory activity of subtle fields. Maharishi Ayurveda is a very quantum mechanical view of health as Vata, Pitta and Kapha are the most fundamental fields of natural law which control all aspects of the physiology.

If we think of a spectrum of natural law going from matter, to molecules, to atoms, to quantum fields, to the Unified Field, we see modern medicine located at the molecular level and Maharishi Ayurveda located at the gap between the Unified Field and the various quantum fields. Vata, Pitta and Kapha are the very first manifestations of the Unified Field and their properties and function influence all the grosser, more expressed levels of natural law that ultimately arise from them.

Maharishi Vedic Medicine goes one step deeper than Maharishi Ayurveda and sees that the fundamental vibratory activity inherent in the Unified Field itself is what gives rise to the physiology. Maharishi Vedic Medicine actually performs a "human genome project", not on the level of molecules, but on the level of the vibratory activity within the Unified Field. Vedic Science calls these primordial vibrations the **Veda** and the discovery of Veda at the basis of human physiology is the Vedic traditions most profound approach to health care.

The home page of Maharishi Ayurveda Products International contains a very full description of Maharishi Ayurveda and its relation to Maharishi Vedic Medicine and The Discovery of Veda in Human Physiology.

Basic Functions of Vata, Pitta and Kapha

Vata

Vata governs bodily functions concerned with movement.

Vata is especially involved in the movement of electrical activity up and down the nerves and therefore has a major function in the nervous system and brain. The flow of food through the digestive tract and the circulation also are controlled by the function of Vata.

Pitta

Pitta governs bodily functions concerned with heat, metabolism and energy production.

Pitta’s main activities are to control the chemical transformation processes associated with digestion and metabolism.

Kapha

Kapha governs bodily functions concerned with physical structure and fluid balance.

Kapha is mainly concerned with fluid balance and the buildup of the gross structure of the body including fat, tissues and muscles.

These three types of processes can be seen at the basis of any system in nature. For example, think of a car. It has moving wheels and parts that would be like the “Vata” function. It has an internal combustion engine that creates chemical transformations to turn gasoline into heat and energy to power the car. This is like the “Pitta” function. The car also has a chassis that provides the overall structure for the vehicle. This is like the “Kapha” function.

Food is evaluated for its strength and balance of Vata, Pitta and Kapha. For example, an apple is high in Vata quality, hot pungent spices have strong Pitta activity and heavy desserts and sweets are high in Kapha.

Behavior is analyzed for its influence on the Vata, Pitta and Kapha fields. For example, staying up late at night increases and disturbs Vata. Eating a large meal late in the evening aggravates Kapha. Exercising in the hot sun can aggravate Pitta.

This Vedic perspective of health is effective because it is rooted in the deepest quantum mechanical reality of nature’s functioning. The classical level of molecules that modern medicine deals with is very superficial compared to the quantum mechanical world from which Vedic Science functions.

The Daily Cycles of Vata, Pitta and Kapha
The environment and physiology have many natural cycles and rhythms that should be taken into account in our daily patterns of living. The basis of much of the Ayurvedic daily routine described in Chapter 1 is the fact that Vata, Pitta and Kapha, and the functions they control, become more enlivened at different times of the day. Following are the times when Vata, Pitta and Kapha and their corresponding physiological functions are most active.

Time of Day	Dosha most Active	Behavioral effects and recommendations
2:00 AM to 6:00 AM	Vata	Arise, Bathe, Meditate
6:00 AM to 10:AM	Kapha	Exercise Note: avoid sleeping into this period
10:00 AM to 2:00 PM	Pitta	Digestion is strongest so have lunch as your largest meal
2:00 PM to 6:00 PM	Vata	Tendency to tiredness, afternoon herbal tea, meditate
6:00 PM to 10:00 PM	Kapha	Evening walk to bed by 10:00 PM
10:00 PM to 2:00 AM	Pitta	Sleep, Metabolic "housecleaning"

For optimal health and healing, we need to align our behavior to gain maximum support from the natural, rhythmic swings of Vata, Pitta and Kapha activity. Simply stated we want "support of nature" for our most important physiological activities. Eat you largest meal at lunch when Pitta makes digestion strongest. Go to bed in Kapha time when your sleep will come more easily and deeply. Sleep through Pitta time so as not to disrupt your natural internal cleansing cycle and to allow full rejuvenation of your mind and senses.

Disregarding the laws of nature leads to illness. Living in accord with natural law brings the full support of the healing power of nature that underlies the growth and development of all living things. This is one of life's basic lessons and a guiding principle of Ayurveda.

Section 2
Qualities and Characteristic of Vata, Pitta and Kapha

If we learn the state of balance and imbalance of Vata, Pitta and Kapha within us, it will help us in understanding why we have a disorder and what we can do to eliminate it. Following are lists of the defining characteristics of Vata, Pita and Kapha. Read them with an eye as to which one most describes what is going on within your physiology.

Qualities of Vata, Pitta and Kapha

Vata

Moving, quick, light, minute, rough, dry, leads Pitta and Kapha

Pitta
hot, sharp, light, acidic, slightly oily

Kapha
Heavy, oily, slow, cold, steady, solid, dull

Characteristics of Vata, Pitta or Kapha
Predominance in the Physiology- "Constitutional Body Type"

As you read the qualities of the three doshas listed below, think about which best describes you. That dosha is your "predominant" dosha. Everyone has all three doshas lively within them, but 1 or 2 are usually more predominant than the others.

Vata
- Lighter, thinner build
- Performs activity quickly
- Tendency toward dry skin especially in winter
- Aversion to cold weather
- Irregular hunger and digestion
- Quick to grasp new information, also quick to forget
- Tendency toward worry
- Tendency toward constipation
- Tendency toward light and interrupted sleep
- Enthusiastic and vivacious by nature
- Walks quickly
- Difficulty making decisions or often changes mind
- Talkative

Pitta
- Moderate build
- Performs activity with medium speed
- Aversion to hot weather
- Perspires easily
- Prefers cold food and drinks
- Sharp hunger and digestion
- Can’t skip meals
- Medium time to grasp new information
- Medium memory
- Strong intellect
- Great precision and organization
- Tendency toward reddish hair and complexion, moles and freckles
- Good public speakers
- Tendency toward irritability and anger
- Enterprising and sharp in character

Kapha
- Solid, heavier build
- Gains weight easily
- Greater strength and endurance
- Oily, smooth skin
- Slow digestion, mild hunger

- Can skip lunch without significant discomfort
- Tranquil, steady personality
- Slow to grasp new information, slow to forget
- Slow to become excited or irritated
- Sleep is heavy and long
- Hair is plentiful, thick and wavy
- Tendency to excess mucous, chronic congestion, sinus problems and allergies
- Tendency toward lethargy and depression
- Performs activity slowly
- Sweet and happy by nature

Qualities of Balance and Imbalance in Vata, Pitta and Kapha

You can use the following charts to help identify the dosha that is most imbalanced. This is important because this dosha imbalance is the root cause of symptoms that appear on the material level of your body. The Ayurvedic approach is not to treat symptoms but to treat the underlying imbalances in Vata, Pitta and Kapha. When these imbalances disappear, usually symptoms disappear too.

Vata

Balance	Imbalance
Mental alertness	Dry or rough skin
Normal elimination	Insomnia
Enthusiasm & Exhilaration	Constipation
Sound sleep	Fatigue
Strong immunity	Tension headaches
Proper formation of body tissues	Intolerance of cold
	Underweight
	Anxiety, worry

Pitta

Balance	Imbalance
Normal heat & thirst mechanisms	Rashes, skin inflammations
Strong digestion	Heartburn
Lustrous complexion	Visual problems
Sharp Intellect	Excessive body heat
Contentment	Premature graying, baldness
	Hostility, irritability

Kapha

Balance	Imbalance
Muscular strength	Oily skin
Vitality and stamina	Slow digestion
Strong immunity	Sinus congestion
Affection, generosity, courage	Nasal allergies
Stability of mind	Obesity
Healthy, normal joints	Lethargy, dullness

Personal Characteristics Questionnaire

By now you probably have a pretty good idea of what dosha is strongest in you and where your imbalance is. The following questionnaire helps you solidify your understanding of which dosha is strongest in you. Please answer the following questions in terms of your pattern or tendency over your lifetime, not necessarily your current state.

1. Which of the following styles most accurately describes how you perform your activities?
   a) Quickly, with a lot of enthusiasm
   b) With medium speed, intensely
   c) More slowly and methodically

2. How easily do you become excited or enthused?

   a) Very readily
   b) Fairly quickly
   c) Not easily

3. How easily do you become frightened?

   a) Very easily
   b) Fairly easily
   c) Not easily

4. How quickly do you pick up new information?

   a) Very quickly, usually the first time
   b) Quite quickly
   c) More slowly, prefer to review the material several times

5. Which of the following best describes your memory?

   a) Good short-term, but tend to forget rather quickly
   b) Medium, it depends
   c) Good long-term

6. Which of the following best describes your digestion?

   a) Quite easily upset, tendency for gas or bloating
   b) Virtually never a problem, can eat nearly anything without discomfort
   c) Digestion is slow, stomach feels heavy long after meals

7. Which of the following best describes your appetite?

   a) Irregular, varying
   b) Strong, do not like to skip a meal
   c) Generally do not feel strong hunger, can easily skip a meal

8. How would you characterize your capacity for food intake?

   a) Varies a lot
   b) Can eat a lot at one time without undue discomfort

c) Low

9. Which, if any, of the following groups of tastes do you specifically prefer?

a) Sweet, sour, salty
b) Sweet, bitter (ex. green, leafy vegetables), astringent
(ex. split peas, dahl, dried beans)
c) Hot and spicy, bitter, astringent
d) None of the above

10. Which, if any, of the following types of foods do you crave?

a) Warm, cooked foods and hot drinks
b) Cold foods and drinks
c) Dry, crunchy foods
d) None of the above

11. In which of the following types of weather, if any, do you feel especially uncomfortable?

a) Cold
b) Heat
c) Cold and damp
d) None of the above

12. Which of the following best describes your sleep pattern?

a) Light sleeper, frequently awakened
b) Sound sleep, need 6-8 hours
c) Deep sleep, need more than 8 hours

13. Which of the following best describes your bowel habits?

a) Irregular, not every day
b) More than twice a day
c) Regular, every day

14. Towards which of the following do you have a tendency?

a) Hard, dry stools
b) Loose stools
c) Formed stools

15. How easily do you perspire?

a) Not easily, only when very hot
b) Easily, more than is comfortable
c) Very little

16. How would you describe the strength of your sexual drive?

a) Mild

b) Moderate
c) Strong

17. How do you feel inside when you run into some problem or difficulty?

a) Worried, mind moving back and forth, anxious
b) Tendency to feel irritated or angry
c) Calm, stable and clear

Total scores a-Vata __________ b-Pitta __________ c-Kapha ___________

You probably realized as you took the test that the "a" scores where for Vata, the "b" scores for Pitta and the "c" scores for Kapha. Add up your scores for each letter and if one letter has significantly more points than the others then the corresponding dosha is probably most active in you. The most active dosha is the one most likely to get out of balance. If Pitta is most active in you may not yet have a Pitta imbalance but for preventive medicine you should favor Pitta pacifying diets and behaviors.

Section 3
The Three Doshas, Balanced Diet and The Six Tastes

Diet is the primary way we can balance or imbalance Vata, Pitta and Kapha in our daily life. When the Rishis looked to nature they realized that the Vata, Pitta and Kapha fields were active to varying degrees in different foods. They also saw that "like increases like." In other words, if a person eats a food strong in Kapha, such as a smooth, unctuous, sweet piece of cheesecake, Kapha will increase in that person's body. She may feel heavy and tend to gain weight from the dessert. She may also feel very content and fulfilled, another Kapha quality!

As a result if we overeat Kapha foods we are likely to develop a Kapha imbalance. If we overeat Pitta foods we tend to develop a Pitta imbalance, and the same with overeating foods strong in Vata.

On the other hand, "opposites bring balance." Eating foods with qualities opposite to those of your imbalance can help to heal your body. For example, a person who is underweight, weak and undernourished--all signs of Vata imbalance--can be helped by eating rich, warm, and unctuous foods that reduce Vata such as casseroles, pasta, nuts and cheeses. Whereas a person with a Kapha imbalance, who is overweight, sluggish, and prone to congestion, will find that light, spicy Kapha balancing foods such as hot lentil soup with gingered vegetables helps balance their Kapha, leaving them feeling more light and energized. Pitta balancing foods are cooling ones such as watery vegetables (zucchini) and sweet juicy fruits (melons, plums, grapes) that balance the hot nature of Pitta dosha.

To take advantage of this knowledge we are going to have to learn a little more about the Ayurvedic food classification system that is based on the relationship of tastes to doshas. According to Ayur-Veda, all foods can be divided into six fundamental categories according to taste:

sweet
sour
salty
pungent (hot spicy)

bitter
astringent

Each taste contains nutritional factors that the body needs for proper functioning. Ayurveda recommends that for our diets to be balanced they should include all six tastes every day. It is especially important to include all the tastes at lunch, which should also be the main meal of the day.

When the diet is not balanced, that is, when it does not contain all six tastes, it can lead to experiences like still feeling hungry after finishing a large meal, feeling weak and tired in the late afternoon, or developing cravings for certain foods.

Following are the six tastes and some major foods within each category:

Sweet:
- Most grains like wheat, rice, barley, corn, etc.
- Milk and sweet milk products like ghee, cream, butter
- Sweet fruits like coconuts, dates, figs, grapes, pears, mangoes and especially dried fruits
- Cooked vegetables like potato, sweet potato, carrot, beet root, cauliflower, string beans
- Sugar in any form—raw, refined, brown, white, molasses, sugar cane juice, etc.

Sour:
- Sour fruits like lemons, limes, oranges, pineapples, passion fruit, cherries, plums
- Sour milk products like yogurt, cheese, whey, sour cream, etc.
- Fermented substances like wine, vinegar, soy sauce, cabbage
- Carbonated beverages

Salty:
- Any kind of salt like rock salt, sea salt, salt from the ground
- Any food to which salt has been added (pickles, nuts, chips)

Pungent:
- Hot spices like chilies, black pepper, mustard seeds, ginger, cumin, cloves, cardamom, garlic, etc.
- Mild spices like turmeric, anise, cinnamon, and “fresh” herbs like oregano, thyme, mint, etc.
- Raw vegetables like radish, onion, cauliflower

Bitter:

- Fruits like olive, grapefruit
- Green leafy vegetables like spinach, green cabbage, brussel sprouts
- Spices like fenugreek, turmeric

Astringent: (drying)

- Turmeric, honey (do not heat hotter than lukewarm water), walnuts, hazelnuts, cashews
- Pulses (legumes) i.e. beans, lentils, peas, (dahl)
- Vegetables like sprouts, lettuce, green leafy vegetables, most raw vegetables
- Fruits like pomegranate, berries, persimmon, lemon, cranberry, most unripe fruits

Determining the amount of Vata, Pitta and Kapha in foods

The following charts show what types of foods are high in each dosha. Ayurvedic theory says that if a person has an imbalance in a specific dosha he would eat foods that decrease the activity of that dosha. Always remember that even when consciously favoring or avoiding foods to help balance our doshas we should always maintain a balanced diet with all six tastes.

How the Tastes Affect Vata, Pitta and Kapha

Sweet, Sour, Salty	Increase Kapha	Decrease Vata
Pungent, Bitter, Astringent	Increase Vata	Decrease Kapha
Pungent, Sour, Salty	Increase Pitta	
Sweet, Bitter, Astringent	Decrease Pitta	

How Food Qualities Affect Vata, Pitta and Kapha

Heavy	Increases Kapha	Decreases Vata
Cold	Increases Kapha and Vata	Decreases Pitta
Oily	Increases Kapha	Decreases Vata
Light	Increases Vata	Decreases Kapha
Hot	Increases Pitta	Decreases Vata and Kapha
Dry	Increases Vata	Decreases Kapha

Have a balanced diet with all six tastes at all times but if you clearly have the symptoms of an imbalance in one of the doshas favor foods that decrease that dosha and avoid the ones that aggravate it. The following chart gives a small example of using food to balance doshas

Imbalanced Dosha	Favor	Reduce
Vata	warm unctuous food grains, nuts and seeds	cold, salads hot spices caffeine
Pitta	sweet fruits, milk	hot spices, tomatoes
Kapha	cooked vegetables	sweet desserts cheese & meat

Vata Pacifying Diet

Most important principles:

Favor warm, cooked foods and hot beverages. Soft and unctuous foods, such as pasta, cooked cereals and soups should be favored over dry and crunchy foods. Raw vegetables should be avoided except in small amounts. Avoid cold drinks and frozen desserts (such as ice cream, popsicles, frozen yogurt, etc.)

Favor the Following Foods

GENERAL Sufficient quantity, adequate amount of oil, warm foods and drinks. Have more sweet, sour and salty tasting foods.

GRAINS Wheat products, rice, cooked oatmeal, bulgar wheat, cous-cous, quinoa.

LEGUMES Yellow split mung beans (green skin removed,) whole mung bean soup, red lentils.

VEGETABLES Zucchini, asparagus, carrot, beets, sweet potatoes, tomato, artichokes, cucumber, yellow squash, okra, tender eggplant, fennel, spinach in small amounts.
All should be cooked.

DAIRY Milk (boiled and served hot), butter, ghee, cream, yogurt (only if freshly made at home,) soft, non-aged cheeses (such as ricotta, cottage cheese, and cream cheese,) panir (homemade cheese from milk,) sour cream.

SWEETENERS Whole, natural cane sugar (in small amounts,) raw honey, date sugar, fructose.

OILS All (organic olive oil preferred.) Ghee.

NUTS & SEEDS All nuts and seeds except peanuts. Soak the nuts in water to soften.

SPICES Cumin, ginger, mustard seeds, celery seeds fenugreek, hing (asafoetida), cinnamon, cardamom, cloves, anise, fennel, black pepper (small amounts), salt, lemon juice, tamarind. All others in small amounts.

FRUITS All ripe, sweet, and juicy fruits. Dried fruit is better soaked in water before eating. Sweet grapes, banana, melons, plums, cherries, kiwi, peach, apricot, mango, papaya, pomegranate, sweet pineapples, avocado, sweet oranges, grapefruit, raisins, dates, prunes, and figs. Apples and pears only if sweet and juicy.

Reduce the Following Foods

GENERAL Light, dry, and crunchy foods. Cold foods and drinks. Pungent (hot, spicy), bitter and astringent tastes.

GRAINS Barley, corn, millet, rye, buckwheat, raw oats.

LEGUMES All except yellow mung beans and red lentils.

VEGETABLES Green leafy vegetables, peas, potatoes, broccoli, cauliflower, cabbage, celery, orange pumpkin and squash, sprouts, mature eggplant, onion, radish, and raw vegetables.

FRUITS Unripe fruits. Guava, cranberries, persimmon.

SPICES Avoid cayenne, chili peppers and other very hot spices

Vata Diet without Heavy Foods

Use this diet if you have symptoms of both Vata and Kapha imbalance or you have symptoms of Vata imbalance with an overweight or ama condition

Most important principles:

Favor warm, cooked foods and warm beverages. Soft and moist foods, such as pasta, cooked cereals and soups should be favored over dry and crunchy foods. Raw vegetables should be avoided. Avoid cold drinks, iced drinks, frozen desserts (such as ice cream, popsicles, frozen yogurt, etc.,) caffeinated beverages and other stimulants, and carbonated beverages.

All foods should be freshly prepared of fresh and ideally organic ingredients. Avoid leftovers, packaged, canned or bottled foods, processed foods, frozen foods, refined sweets and bakery products.

Favor the Following Foods

GENERAL Warm foods and drinks. Foods should be cooked at home ideally, of fresh ingredients. Avoid frozen foods (including frozen vegetables,) canned or bottled foods, red meat, raw vegetables and greasy or fried food.

GRAINS Wheat products (avoid yeast breads except 100% whole grain bread, avoid white flour; favor crackers, cous-cous, cream of wheat, and unleavened breads such as whole wheat chapati, pita bread or tortilla which are dry-fried on the stove or lightly toasted,) boiled or steamed rice, cream of rice, oatmeal cooked with plenty of water.

LEGUMES Yellow split mung beans, whole mung beans, or red lentils. (All should be cooked with water and spices to form soup.)

VEGETABLES Favor zucchini, asparagus, carrot, beets, tomato, artichokes, cucumber (cooked), yellow squash, okra, tender eggplant (baby-sized only), fennel, spinach. Avoid raw vegetables, white potatoes. All other vegetables may be eaten occasionally if in small portions and cooked well. Small amounts of salad greens are acceptable on occasion. Freshly juiced raw vegetables are also acceptable.

DAIRY Low-fat milk (boiled and served hot), ghee, yogurt (only if made at home and less than 24 hours old,) lassi from fresh yogurt (diluted 4-6 parts water to one part yogurt.) Avoid all cheeses including nondairy cheese, frozen yogurt, ice cream, nondairy frozen desserts. Rice or soy milk should be boiled with ginger or cinnamon and drunk warm.

SWEETENERS Whole, natural cane sugar, date sugar, fructose, (all in small amounts.) Avoid prepared sweets like cakes, cookies, chocolate, pies, candy bars, etc.

OILS All, but in small amounts. Ghee is best. Avoid margarine, butter and fried foods.

NUTS & SEEDS In small amounts all nuts and seeds are acceptable except peanuts. Favor blanched almonds, sesame and sunflower seeds.

SPICES Cumin, ginger, mustard seeds, celery seeds, fenugreek, hing (asafoetida), cinnamon, cardamom, cloves, anise, fennel, black pepper (small amounts), salt, lemon juice, tamarind. **Avoid** cayenne, chili peppers, jalapeno peppers, onions, and hot spicy food.

FRUITS Sweet grapes, black grapes, melons, plums, cherries, kiwi, peach, apricot, mango, papaya, pomegranate, sweet pineapples, berries, sweet oranges, grapefruit. Soak dried fruit in water before eating: raisins, dates, prunes, and figs. Avoid apples and pears (unless baked or stewed,) cranberries, guava, banana.

NON-VEGETARIAN If you feel you need non-vegetarian items, favor eggs, chicken or turkey (not processed), fresh fish or seafood. Also have at midday meal only. "Organic" is preferred.

Pitta Pacifying Diet

Most important principles:

Favor juicy, cooling foods with high water content. Avoid hot spices (chiles, cayenne, jalepeno peppers, etc.), alcohol, vinegar, fried foods, tomatoes, yogurt and cheese..

Also, food should be fresh and organic if possible. Avoid leftovers, packaged, canned or bottled foods, processed foods, preservatives, artificial ingredients and salty foods.

An asterisk * after the item means it is especially helpful to favor or to avoid that particular food.

Favor the Following Foods

GENERAL Cool to lukewarm drinks according to preference. Favor sweet, bitter, and astringent tastes.

GRAINS Wheat, white rice (basmati, jasmine, etc.) barley, oats, quinoa, kamut, amaranth, cous-cous.

LEGUMES Mung beans, small kidney beans, non-fermented soy bean products (tofu is OK, avoid tempeh). All others OK in moderation.

VEGETABLES Asparagus, artichokes, yellow squash*, zucchini*, okra, cauliflower, broccoli, cabbage, green beans, potatoes, sweet potatoes, peas, cilantro*, sprouts, lettuce, chard*, brussel sprouts, parsley, cucumber*, kale*, bok choy*, winter squashes*, sweet corn, all green leafy vegetables* except spinach.

DAIRY Milk* (boiled and served cool to warm), butter, ghee*, sweet lassi*, cream, panir (homemade cheese from milk).

SWEETENERS Whole, natural sugar cane (in small amounts,) date sugar.

OILS Ghee* is best. Olive or coconut oils.

NUTS & SEEDS Pumpkin seeds. Blanched almonds in small amounts.

SPICES Coriander*, cilantro*, cumin, turmeric, saffron, fennel*, cardamom, parsley*, fresh basil.

FRUITS Sweet grapes, avocado, sweet mango, coconut, melons*, sweet plums, persimmon, pomegranate, sweet apples, sweet pears, raisins, dates.

NONVEGETARIAN: Chicken, turkey, egg white.

Reduce the Following Foods

GENERAL Pungent* (hot, spicy), sour and salty tastes. Vinegar*, alcohol* and acidic* foods.

GRAINS Corn, millet, rye, buckwheat, brown rice.

VEGETABLES Tomatoes* and tomato sauce*, radish, onions, carrots, beets, spinach*.

FRUITS Grapefruit*, olives*, orange*, peach, sour grapes*, pineapple*, berries*, prunes, banana*, lemon*, lime*, cherries. Avoid any sour fruits.

DAIRY Yogurt*, cheese* (especially aged and salty such as feta or blue cheese,) sour cream, cream cneese.

SWEETENERS Molasses, brown sugar, honey.

OILS Almond, corn, safflower, sesame*, canola.

SPICES Chili peppers*, cayenne*, onion, garlic*, mustard seeds*, cloves, celery seeds, fenugreek, catsup*, mustard*, asafoetida (hing.)*, ginger, black pepper, soy sauce.

NONVEGETARIAN: Seafood, fish, beef*, pork, lamb, egg yolk.

Kapha Pacifying Diet

Most important principles:

Favor warm foods and hot beverages. Eat a minimum of oil and fat. Avoid cold drinks, cold food, and frozen desserts (such as ice cream, popsicles, frozen yogurt, etc.) Avoid leftovers, canned, bottled, or packaged foods, frozen foods, processed foods, rich, creamy foods, sweets, salty foods and alcohol.

Eat mainly freshly prepared vegetable and legume dishes, with proportionately smaller amounts of grains and fruits. The food should be spiced according to taste.

An asterisk* after the item means it is especially helpful to favor or to avoid that particular food.

Favor the Following Foods

GENERAL Lighter diet of less rich foods. Favor dry, light and crunchy foods. Favor pungent (hot, spicy), bitter and astringent tastes.

GRAINS Barley*, millet, corn, buckwheat, rye, quinoa, cous cous and oats. (All grains should be a minimum of one year old).

LEGUMES All except tofu.

VEGETABLES All green leafy vegetables*, carrot, beets, white potatoes, artichoke, broccoli*, corn, celery, tender eggplant, cabbage, cauliflower, peas, bell pepper, green beans, sprouts, tender radish. In small amounts: tomato, asparagus, zucchini, cucumber.

DAIRY Skim milk (boiled and served hot), small amounts of ghee and lassi made of nonfat yogurt (1part yogurt :4 parts water dilution.)

SWEETENERS Raw honey*.

OILS Mustard, corn, sesame, (all used sparingly.) Ghee in small amounts.

NUTS & SEEDS Small portions of sunflower, sesame and pumpkin seeds, pecans and walnuts.

SPICES All spices except salt; favor hot spices (ginger, black pepper, etc.), lemon juice in moderation.

FRUITS Apples, pears, figs, papaya, guava*, pomegranate*, cranberries, persimmon*.

Reduce the Following Foods

GENERAL Avoid large quantities of food*, especially at night. Avoid oily, greasy, cold, heavy food; sweet, sour and salty tastes.
GRAINS Wheat, rice, all yeasted or sourdough breads*.
LEGUMES Tofu, tempeh, soy or rice cheeses*.
VEGETABLES Sweet potatoes*, tapioca.
FRUITS Strictly avoid avocado*, banana*,

Chapter 5
The Divisions of Vata, Pitta and Kapha; The Subdoshas

Just as we saw earlier it wasn't enough just to know we had ama as we wanted to know **where** we had the ama. Now our next step with the doshas is to determine where the dosha is imbalanced. All the doshas have a variety of functions and locations. By determining which function and location that dosha is imbalanced in we gain greater power in understanding and removing our imbalances.

Fortunately the Vedic Rishis perception was so acute they were able to see and describe the different divisions of each of the three doshas. There are five subdivisions of each dosha, each with a different location and function within the body. For example "prana" Vata controls the movement of nervous system activity in the brain area. "Apana" Vata controls the downward flow of elimination in the lower bowel area. Prana and apana vata imbalances are both Vata imbalances but they clearly will require very different sets of recommendations. So let's look at the descriptions of the subdoshas and symptoms of their imbalance to see if we can learn more about the state of balance within us and why we may have the symptoms we have.

• Vata Subdoshas

1) Prana Vata:
*Located in the head, brain, chest
*Upward moving. Enlivens the nervous system, senses, emotion and intellect
* Imbalance created by overwork on computers, mental pressure, lack of oils in the diet, mental work in the evening
* Imbalance linked to worry, anxiety, asthma, respiratory complaints, tension headaches

2) Udana Vata
* Located in the throat and lungs
* Controls speech. Often blocked and congested during colds.
* Imbalance created by ama building up in chest and neck area, cold drafts on the neck
* Imbalance linked to dry coughs, earaches, speech defects, colds

3) Samana Vata
* Located in the stomach and intestines
* Controls movement of food through the digestive tract and peristalsis
* Imbalance linked to improper digestion poor assimilation

4) Apana Vata
* Located in the colon and lower abdomen
* Downward moving, Responsible for elimination of wastes, sexual function and menstruation.
* Imbalance created by ama in the lower digestive tract, overeating, eating ama creating food, being too active during the time of menstruation
* Imbalance linked to constipation, diarrhea menstrual disorder and back pain. Apana is the most common imbalance found in people and is often the source of other imbalanced doshas.

5) Vyana Vata
* Located throughout the body via the nervous system, skin and circulatory system
* Governs the various aspects of circulation
* Imbalance created by excessive thinking and worrying

* Imbalance linked to high blood pressure, irregular heart function and circulation, and stress related disorders.

• Pitta Subdoshas

1) Pachaka Pitta
* Located in the stomach and small intestine
* Governs digesting of food and separating waste products from nutrients
* Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
* Imbalance linked to heartburn, ulcers, irregular digestion

2) Ranjaka Pitta
* Located in the red blood cells, liver and spleen
* Regulates blood chemistry, blood cells and distribution of nutrients through the blood stream
* Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
* Imbalance is linked to toxicity in the body, blood disorders, skin inflammations and anger

3) Sadhaka Pitta
* Located in the heart and in the brain
* Controls the heart’s function, contentment, courage and memory
* Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
* Imbalance linked to heart disease, emotional upset and indecisiveness

4) Alochaka Pitta
* Located in the eyes
* Associated with good or bad vision and connects eyes with emotions
* Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
* Imbalance linked to bloodshot eyes, vision and eye problems

5) Bhrajaka Pitta
* Located in the skin
* Controls states of the skin
* Imbalance created by too much bitter, sour hot and salty food, alcohol, excessive fasting
* Imbalance linked to rashes, acne, boils and skin disorders

• Kapha Subdoshas

1) Kledaka Kapha
* Located in the stomach
* Keeps the stomach lining moist and is essential for digestion
* Imbalance created by low liquid intake and excessive dryness or lack of oils in the diet
* Imbalance linked to impaired digestion-usually too heavy and slow

2) Avalambaka Kapha
* Located in the heart, chest and lower back
* Kapha's seat is in the chest so this is an important subdosha
* Imbalance linked to respiratory problems, lethargy and lower back pain

3) Bhodaka Kapha
* located in the tongue
*gives rise to taste

* Imbalance linked to impairment of taste

4) Tarpaka Kapha
* Located in the sinus cavities, head and spinal fluid
*Lubricates and moistens the sense organs and maintains spinal fluid
* Imbalance linked to sinus congestion and dullness of senses

5) Shleshaka Kapha
* Located in the joints
* lubricates the joints
* Imbalance linked to painful joints and joint disease

The following chart provides further information to help you balance a specific subdosha with daily routine and diet.

Subdosha	Aggravated by	Balanced by
Prana Vata controls nervous system and respiration from the chest up	mental strain, inadequate sleep, late bedtime, lack of oil in diet, too much computer work	bed before 10 PM, TM technique, unctuous diet, pranayama, asanas, abhyanga
Udana Vata activity in throat and lung area. imbalanced when we "get a cold"	ama buildup in chest area, cold and heavy foods, getting chilled	drinking hot water throughout the day, using ginger as a spice, protecting the head and neck from drafts, bed before 10PM
Samana Vata functions in the stomach and intestines	irregular eating habits, eating leftovers, cold drinks, heavy food in the evening	fresh wholesome food, drinking hot water, regular mealtimes
Apana Vata controls downward flow of elimination in bowel and lower abdomen	suppressing urination or bowel movements, lack of exercise, unwholesome processed food and leftovers, working too hard during menstrual cycle	drinking hot water, wholesome food, regular eating times, drinking warm water upon awakening, proper exercise
Vyana Vata located throughout body in circulatory system	excessive thinking and worrying, irregular routine of life, double-tasking, travel	TM technique, abhyanga, drinking hot water throughout the day
Pachaka Pitta digestion in the stomach and small intestine	excessive bitter, sour and spicy foods, alcohol, fasting	pure, wholesome and bland foods, sweet juicy fruits, to bed by 10 PM
Ranjaka Pitta red blood cells, liver, spleen	excessive bitter, sour and spicy foods, alcohol, vinegar, fermented foods, fasting, inadequate rest	aloe vera juice, sweet juicy fruits, plenty of water, to bed by 10PM

Sadhaka Pitta heart and its connection to the brain, emotions	excessive bitter, sour and spicy foods, alcohol, fasting, inadequate rest, anger, violence, skipping meals, grief	rose petal jam and rose water in milk, stewed apple, fresh sweet fruits especially pears, avoid violent and negative movies, books, TV, etc., outdoor exercise in early AM or evening
Alochaka Pitta controls eyes	excessive bitter, sour and spicy foods, alcohol, fasting, lack of sleep, mental pressure and eye strain	TM technique, ghee in the diet, to bed by 10 PM, avoid computer work after dark
Bhrajaka Pitta skin	excessive bitter, sour and spicy foods, alcohol, excessive fasting, inadequate sleep, excess sun exposure, chlorinated water	early bedtime, yoga asanas, abhyanga, exercise and fresh air, plenty of water, TM technique, factors that create good digestion
Kledaka Kapha lubricates the stomach	dry foods, lack of water, lack of oils in diet	unctuous diet, resting 10+ minutes after eating, sipping water with the meal, properly spiced foods
Avalambaka Kapha heart, chest and low back	lack of exercise, excessive sexual activity, lack of oils in diet, ama creating food, grief, sadness, holding on to hurts from the past	yoga asanas, abhyanga, drinking hot water throughout the day, unctuous diet, walking outside in the rising sun
Bhodaka Kapha tongue and taste	dryness, lack of oils in diet, exhaustion, unwholesome food	TM technique, plenty of water, pure wholesome foods, plenty of rest
Tarpaka Kapha lubricates and moistens the sense organs and maintains spinal fluid	excessive sexual activity, lack of unctuous food, fasting, excessive mental strain	TM technique, asanas, daily oil massage, unctuous food, plenty of rest, sipping hot water throughout the day
Shleshaka Kapha lubricates joints	fasting, lack of exercise, poor digestion, lack of oils in diet, eating too heavy at night, eating cheese or other curds in the evening	daily oil massage, yoga asanas, unctuous foods, exercise, proper rest, sip hot water throughout the day

The best way to balance the subdoshas in daily life is to (1) do what you know balances the main dosha with dosha-specific diet and daily routine tips and (2) reduce specific aggravating factors of that subdosha mentioned in the lists above. Other than this, the main Ayurvedic subdosha balancing recommendations are specific Ayurvedic herbs that require in-person Ayurvedic pulse diagnosis and are beyond the scope of this booklet. However, as mentioned previously, the rasayana Maharishi Amrit Kalash (MAK) is one herbal preparation that balances many subdoshas at the same time.

Chapter 6
Maharishi Ayurveda Herbal Preparations: Amrit Kalash

When the Vedic Rishis went into nature they noticed that certain plants had very pure vibratory qualities similar to the vibratory intelligence located in and governing different parts of the body. They experienced the specific vibratory patterns of their own inner intelligence and then saw these same essential vibrations existed within certain members of the plant kingdom.

The Vedic Rishis also saw that when someone became ill that the real cause was some blockage, or distortion of these specific, primordial organizing vibrations within the physiology. The Rishis understood that if they could bathe the physiology in the vibratory pattern that had been weakened, through ingestion of the proper herb, that it would enliven the specific principle of biological intelligence containing that same vibration within the body. This was the source of Ayurvedic herbology.

The doshas, subdoshas and the dhatus are all examples of specific divisions of biological intelligence, each with its own subtle vibratory quality. Ayurvedic herbs enliven and balance the doshas, subdoshas and dhatus through the resonance they create within them. It is similar to your experience in physics class with tuning forks. If you hit a tuning fork of a specific frequency, and bring it close to another tuning fork of the same frequency, the second one begins to vibrate when the first one just comes close to it. The first tuning fork bathed the second one in the frequency its structure was made to create and that initiated the vibration in the previously silent tuning fork. Likewise Ayurvedic herbs enliven and balance the doshas, subdoshas and dhatus with their own specific resonance effects.

It is, however, beyond the scope of this booklet to recommend herbs for specific doshas, subdosha and dhatus. A trained physician should really review the findings from all of your questionnaires and ideally perform Ayurvedic pulse diagnosis in order to get you the most accurate herbal recommendations.

Fortunately there is a set of Ayurvedic herbal preparations that are balanced blends of a wide variety of synergistic herbs that create an overall balancing effects in virtually all individuals. These special Ayurvedic herbal preparations are called "rasayanas".

Of all the rasayanas the **Maharishi Amrit Kalash** (MAK) rasayanas are by far the most universal in their application and beneficial in their effect. This is the herbal recommendation I would encourage readers of this book to take as their beginning supplement as it has a profound balancing effect throughout the doshas, subdoshas and dhatus.

There are two formulations that comprise MAK.

1) The **Nectar,** an herbal concentrate with powerful strengthening and balancing effects throughout the body, particularly the immune system. There is also a tablet version of this for individuals who do not tolerate ghee (clarified butter) or sugar.
2) The **Ambrosia,** a tablet with particularly good effects on brain and mental function.

The most widespread and synergistic effect is gained by taking both formulations daily.

MAK is also a potent free radical scavenger and therefore helps to remove the most aggravating type of ama. This unique blend of over 40 herbs and fruits has been shown in studies to have anti-oxidant properties 1,000 times more powerful than vitamin C or E.

For more information or to order you may call 1-800-255-8332 (1-800 All-Veda) or visit http://www.mapi.com/.

Note: I exclusively recommend Ayurvedic products from MAPI (Maharishi Ayurveda Products International) due to the authenticity of the formulations, their stringent quality controls and the purity of their herbs. I have no affiliation, legal or financial, with MAPI and do not receive any financial compensation for purchase of their herbal products.

Chapter 7
Practical Application of Your Ayurvedic Program: The Steps to Balance

If you have read this far then you are probably ready to articulate our strategy.

1. Live a lifestyle and eat a diet that does not create ama and imbalance.
a) Lifestyle and diet are the starting points of your Ayurvedic program because treatments cannot overcome lifestyle and dietary mistakes that continually create ama and imbalance day by day. Keep working on removing the "no" answers from the Lifestyle Questionnaire.

b) Especially focus on eliminating the dietary and lifestyle behaviors that depress digestion and create ama.

2. Remove accumulated ama.
Drink your spice water daily! This is such a simple yet powerful way to remove ama throughout the body and from specific dhatus. This is a very important recommendation!

3. Favor a dosha specific diet if you have a clear dosha imbalance
First target the most aggravating foods for your imbalanced dosha and remove them from your diet.

Then try adding some items from the "Favor" list of the diet for your predominant dosha. If you have been in the habit of a "meat and potatoes" dinner, try a vegetarian evening meal once or twice a week and see how much better you feel the next morning.

If you are the "all or nothing" type, try the whole diet as a complete "makeover" and see how well you feel within one week. The guests at the Raj frequently tell me how much better they felt even before arriving, simply from a week of the preparatory diet.

4. Take MAK.
MAK Nectar and Ambrosia are the most universally effective herbal preparations in Maharishi Ayurveda.

5. Exercise
Get moving and stretching! Start now and do more as your fitness improves. Exercise enlivens your digestion, strengthens the metabolism of impurities, increases bone density and sweats out toxins. Proper exercise balances and rejuvenates the entire mind/body system. This recommendation includes the practice of yoga. The main thing is to start and let the positive joy of movement and experience of better health inspire you to do more.
Note: If you have any diagnosed condition please consult your physician about the amount of exercise which is healthy for you.

6. The Transcendental Meditation Technique
This really should be recommendation #1. Ayurveda works by strengthening the inner intelligence of the body. Our mental intelligence interacts more profoundly with nature's intelligence than our body does. The TM technique is the most powerful, single recommendation in all of Maharishi Ayurveda. Also because it strengthens and clarifies the mind it helps us gain the strength to follow all the other recommendations.

Again call 1-888-Learn or go to http://www.tm.org/to locate the center nearest you.

7. Add the other recommendations described in this booklet based on your affinity for them and the degree to which you think they will help your personal health.

8. Additional Ayurvedic recommendations

Add these recommendations as time and interest allows. There are powerful and valuable recommendations in this list. In general my experience is that the more people do the better results they get.

a) aroma therapy:

Use Vata, Pitta or Kapha aroma in a way that matches where your major imbalance is.

b) abhyanga massage oil:

Start with Rejuvenation Oil for Men or Rejuvenation Oil for Women based on you gender (MAPI: 1-800-all-veda or http://www.mapi.com/). Dilute this oil 50/50 with the following oil depending on your imbalance.

Vata imbalance	Almond oil
Pitta imbalance	Olive oil
Kapha imbalance	Sesame oil

c) Vedic Sound

There are several types of Vedic Sound available at this time. My personal recommendation is to listen to **Sama Veda** recitation. Listen 5-20 minutes as time allows. Sit quietly with the eyes closed and just enjoy the flow of the sound. Sama Veda recitation has a very integrating influence on the entire physiology. Sama Veda recitation can be listened to at any time you are **NOT** engaged in other activities. You should be sitting quietly with the eyes closed when you listen to Sama Veda. Do not be working or driving a car when listening to the recitation. Because Sama Veda is very melodious and soothing it is beneficial to be listened to for 5-10 minutes before going to bed.

Note: Sama Veda Tapes can be ordered from MUM Press at 1-800-831-6523

d) More herbs

When you look at the MAPI site at http://www.mapi.com/or review their catalog you see a wide variety of herbal compounds each with a specific effect. I would recommend the first 4 weeks of your program you just use the Amrit Kalash preparation and then you could add one more herb if you wished. Pick the preparation that most clearly targets the health area you are interested in. I would not recommend taking more than these three herbs at one time when using the program in this booklet.

Conclusion from Dr. Lonsdorf

As you can see by now Ayurvedic knowledge is truly **"knowledge for life"**. Maharishi Ayurveda provides a working manual for a healthy life. It is also knowledge you will use all your life. As you make changes, the improved energy, vitality and health you should experience will inspire you to make even more changes and experience even better health. May you experience an upward spiral to increased health, joy and success in life.

Nancy Lonsdorf M.D.

Note: To receive Dr. Lonsdorf's FREE monthly newsletter and announcements of her consultation and seminar tours to your area provide your e-mail address by clicking here.

Appendix 1
Herbalized Oil Massage—Abhyanga

A full body, warm oil massage before showering in the morning is recommended for most everyone. This daily regimen provides a powerful preventive and rejuvenative effect on the body. This procedure is an important technique to help reconnect the physiology with its underlying biological intelligence.

Benefits include:

• Improving circulation in the body. Commonly a part of the body that has become stiff or flabby has poor circulation and little feeling. Ayurvedic oil massage to these areas can help re-establish proper circulation and nervous system activity.

• Providing a purifying and cleansing influence to the physiology. When we rub and press the body we help break up the accumulated deposits of toxins and impurities that have localized in the tissues. The motion also creates heat and friction and increases the flow of fluids through the blood and lymph vessels. This helps to cleanse and open these important channels of circulation and elimination.

• Maintaining the suppleness and youthfulness of the skin. When warm oil is applied to the body, some of it is absorbed by the skin. Even after showering there remains a softness and suppleness to the skin. Oil application helps prevent the skin from becoming dry and helps to maintain its youthfulness.

• Creating a stabilizing and balancing effect on Vata. Sesame oil is one of the most balancing of all substances for Vata. Classic symptoms of Vata imbalance are fatigue and lack of mental clarity. When the entire body surface area has absorbed Ayurvedic oil and herbs these symptoms are reduced and there is greater evenness, strength and stability during the day.

• Increasing the secretion of hormones from the skin. These hormones, including growth hormone and endorphins help confer strength and immunity on the system.

Instructions for abhyanga:

Sesame oil in which herbs have been boiled is the usual abhyanga oil. There are a variety of excellent herbalized oils available. They are discussed at the end of this appendix.

1) In the morning heat about 1/4 cup of cured oil to slightly above body temperature. The massage should be done with the open part of the hand rather than with the fingertips. Start by rubbing the head. Place a small amount of oil on the fingers and palms and begin to massage the scalp vigorously. Spend proportionately more time on the head than you do on other parts of the body.

2) Next apply oil gently with the open part of the hand to your face and outer part of your ears. You do not need to rub these areas vigorously.

3) Rub both the front and back of the neck, and the upper part of the spine.

4) You may want to now apply a small amount of oil to your entire body before proceeding. This will allow the oil to have maximum amount of time in contact with the body.

5) Next rub your arms. The proper motion is up and down over your long bones and circular movement over your joints. Massage both arms, including especially the hands and fingers.

6) A very gentle circular motion should be used over your heart. Over the abdomen a gentle, clockwise, circular motion should be used, following the colon from the right lower part of the abdomen, moving towards the left lower part of the abdomen.

7) Rub the back and spine. There will be some areas which you may have difficulty reaching.

8) Rub the legs. Like the arms, use an up and down motion over the long bones and a circular motion over the joints.

9) Finally, rub the top and bottoms of the feet. The feet are considered especially important, thus proportionately more time should be spent here than on other parts of the body. Use the open part of your hand and massage vigorously back and forth over the soles of the feet.
10) The effects will be significantly greater if you can leave the oil on the body for 15–20 minutes before taking a bath or shower. This is easily done by putting on some light, clothing and doing things around the house for 15–20 minutes before showering.

Important Additional Points!
1. Use liquid soap to shower after abhyanga to prevent drains from clogging.
2. Buy inexpensive towels to be used to dry off after showering and wash them separately with extra detergent and oil removing preparations.
3. Dry the towels on lower heat in your dryers to avoid combustion of any remaining oil residue under intense heat.

Appendix 2
Exercise

Exercise plays an important role in maintaining health. Exercise increases circulation and helps remove the toxins and impurities that have accumulated in the physiology. These deposits are a major factor in the breakdown of the resistance of the body. Exercise is a key procedure for helping the body's natural internal cleansing processes.

Exercise increases mind-body coordination. Disease occurs when the body loses contact with the underlying intelligence responsible for its maintenance and repair. Exercise involves the coordinated activity of body and mind and is a valuable aid in maintaining contact of the physiology with biological intelligence.

Instructions

• Quantity: Ayur-Veda recommends exercising to 50% capacity. Fifty percent capacity is usually when strain begins to appear in the body -breathing through the nose is no longer easy, sweat begins to appear on the body and it becomes difficult to maintain proper form and focus during exercise. It is not healthy to go beyond 50% capacity as this stresses the body and its energy will be needed to be diverted into repairing and re-balancing the effect of straining.

Instead, exercise should energize the physiology, leaving it feeling exhilarated and ready for work. Exercise should never exhaust the physiology and require extra rest for repair.

• Breathe through the nose while you exercise. The brain and physiology are balanced by breathing through the nose. If you can no longer breathe through the nose, slow your pace until nose breathing becomes possible again.

• Do not exercise to the point of sweating heavily or panting for breath. You are going too far if your heart starts pounding, you are panting and sweating heavily and your muscles start to feel weak and rubbery. All these things turn on the "fight or flight" systems, and deplete the body's reserves — exactly the opposite of the goal of exercise.

General Points:

1) Loosen up and warm up thoroughly before exercise and warm down properly afterwards. Do not exercise just before or after a meal, in the hot sun, or in extreme wind or cold.

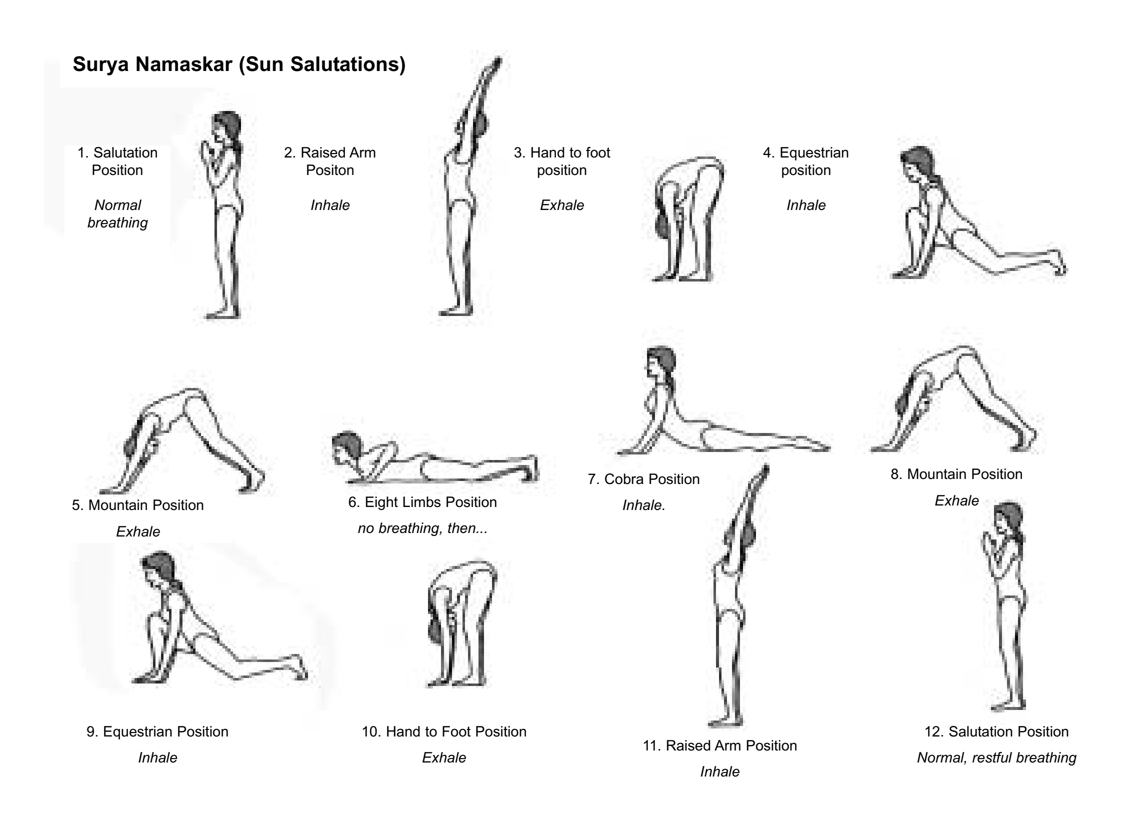
2) Exercise According to body type:
(See Chapter 3 for an introduction to Vata, Pitta and Kapha)
• Vata: By nature Vata types have the quality of motion and changeability highly enlivened in their physiology. They need less exercise than the other major body types. They also have more slender frames and less strong joints and cannot take the pounding of heavy, extended exercise. Vata types excel at balancing and stretching exercises. Yoga, dance, aerobics, walking, short hikes and light bicycling are good for them. Half an hour of mild exercise a day is usually enough. They must be careful not to overexert themselves.
• Pitta: Pitta types have good drive and endurance and can exercise in moderate quantity. They enjoy challenge and sports that bring a sense of accomplishment at the end of the day, like skiing, hiking and mountain climbing. Water sports, because of their cooling nature, are also good for Pitta.

• Kapha: Kapha types have a tendency toward heaviness, overweight and dullness, and as a result need significant quantities of exercise. Also, because Kapha types have strong frames and joints, they can more easily withstand vigorous and extended exercise. Running, aerobics, and rowing are good Kapha exercises.

• Exercises for all body types. This set of Ayur-Vedic exercises performed in sequence can be accomplished by almost anyone regardless of physical constitution. Together these exercises enhance the link between intelligence and physiology.

1. Sun Salutations (Surya Namaskara)—combines stretching, balancing and calisthenics. (1–6 minutes)
2. Neuromuscular integration (Yoga Asanas)—A set of gentle yoga positions. (10–15 minutes)
3. Balanced breathing (Pranayama)—a traditional yogic breathing exercise. (5 minutes)

These are ideally performed before the recommended two meditation periods of the day.
Note: Consult experienced instructors for proper practice of asanas and pranayama. We recommend Maharishi Vedic Schools and Maharishi Vedic Medical Centers in your areas for instruction. Connect to www.tm.org or call 1-888-Learn-TM for location of a center near you.





Pranayama Instruction

1. Sit comfortably in a quiet room where you won't be disturbed with back erect and eyes closed.
2. Gently cover the right nostril with the inside of the thumb of the right hand.
3. Breathe in comfortably and fully through the left nostril until the lungs are full.
4. When the in-breath naturally stops due to the lungs being full then uncover the right nostril and cover the left nostril with the ring and middle finger of the right hand.
4. Breathe out naturally and fully through the right nostril.
5. Keep the fingers over the left nostril and breathe in comfortably and fully through the right nostril.
6. When the in-breath naturally stops uncover the left nostril, and cover the right nostril with your thumb and breath out and in again as before.
7. Repeat this process for 5 minutes.

In summary we breath out and in fully through one nostril and then switch nostrils when lungs are full and breath out and in fully through the other nostril.

Appendix 3
Maharishi Ayurveda for Common Disorders: Insomnia

Mind

1. Meditate regularly to release mental and physical tension. When this tension is not resolved prior to lying down to sleep, it will often unwind at bedtime, causing restlessness, thoughts, worries or emotions that prevent sleep from coming easily.
2. After getting in bed, assume a comfortable position and don't try to sleep or worry about not sleeping. Let your mind move freely, just taking it as it comes. This attitude will allow you to gain as much rest as possible in the period before falling asleep. Just let the natural functioning of your body and mind bring you whatever experience it will. You are in nature's hands. Just enjoy resting comfortably and you will fall asleep naturally.

Body

1. Have dinner by 6:00 PM. Eat lightly. Soups, grains or hot cereal are soothing and promote restful sleep. Eating heavy foods or too late can disturb sleep.
2. Before bed, have a glass of warm milk. You may add raw sugar or honey, cardamom or ginger to taste.
3. As a natural aid to sleep you may take one of the following herbal preparations:
   A. 1 bag of chamomile tea or 1 teaspoon of leaves brewed in 1 cup of water.
   B. 1 teaspoon of gotu kola leaves or 1/4 teaspoon of powder brewed into a tea with 1 cup of water.
   C. 2 to 3 threads of saffron heated with 1 cup of milk.
   D. 1 large pinch of nutmeg stirred into 1 cup of warm milk.
4. It is helpful to keep your head and feet warm on cold nights. If you are highly sensitive to the cold, you may wish to use a hot water bottle and wear a cotton night cap for extra warmth.

Behavior

1. Have some exercise and activity in the fresh air every day. A 20-30 minute walk outdoors is the minimum exercise required for most people.
2. Avoid using the bedrooom for activities other than sleep, i.e. reading, studying or watching TV.
3. The evening activity should be pleasant and relaxing. Walking for 10-15 minutes is recommended. Evening TV may overstimulate the mind and should be avoided. Reading or listening to soft music, particularly Gandharva Veda music, is recommended. 4. Avoid all focused work including phone calls for at least 30 to 60 minutes before bedtime. Sensory input just before bed should be soothing and relaxing.
5. Vata aroma therapy started in the bedroom before sleep is settling to the mind and nervous system and promotes restful sleep.
6. Go to bed at the same time every night. Turning your light out by 9:30 PM is highly recommended if you are having difficulty falling asleep.
7. Massage the head and feet lightly with sesame or coconut oil or your Ayurvedic massage oil before retiring. This relaxes and quiets the mind. A full body Ayur-Vedic oil massage (with light pressure only) followed by a warm tub bath before bed may also be done, if desired.

Appendix 4
Maharishi Ayurveda for Common Disorders: Cold & Cough

1. First principle is to **KEEP WARM**. Especially, keep your head and neck protected from cold winds and drafts.

2. Eat and drink WARM foods and liquids only. Have at least a few swallows, or more according to your thirst, of plain hot water every half hour throughout the day.

3. Eat lightly, meaning a bit less than you normally do. Avoid rich, fatty, or oily foods at this time. Have less dairy in your diet.

For one day, eat a liquid diet. Vegetables, fruits, soups, grains, dahl, etc, may be included, but should be liquified in blender first.

4. Get extra sleep and more rest. If possible, take a day or two off from work. You will find that your symptoms disappear much more quickly.

5. Take 1 teaspoon of the following mixture 2-3 times per day:
1 teaspoon honey, 1/2 teaspoon turmeric, 1/4 teaspoon ginger, before meals, preferably.

6. Drink 1-2 glasses of licorice root tea, vata tea, or kapha tea daily.

7. Take "**Protection Plus**" sinuses if it is congestion in the head area and take "**Protection Plus**" respiratory if it appears it is going into the chest. Keep a bottle of each and take according to directions on the bottle when you start coming down with a cold.

8. Use Kapha aroma oil when congested.

9. Add several drops of eucalyptus oil to water which is boiling but just taken off the stove. Breathe in the steam 5-10 minutes at a time for 2-3 days.

10. If you have a temperature of greater than 101 degrees, chest pain, a cough productive of yellow or green sputum, or a severe or persistent sore throat, you should see your physician for further evaluation.

Additional Sore Throat Recommendations
1. Gargle with sesame oil two to three times a day. (first gargle with warm water for 30 seconds then gargle with sesame oil for 3-5 minutes. Then gargle with warm water.
Fever Recommendations
1. Eat lightly.
2. Avoid all fried foods, meats, eggs, rice, sour things.
3. Take ginger tea twice a day.
Products mentioned above are available at MAPI 1-800-all-veda, http://www.mapi.com/.

Appendix 5
Maharishi Ayurveda for Common Disorders: Weight Loss

After caring for many hundreds of people with weight issues, I have found the following 5 health practices to be the most universally important for weight management. Although different people have weight problems for different reason, these 5 tips address fundamental lifestyle habits that affect virtually everyone. The really good news is that these 5 powerful tips are easy to implement and can bring about great changes in your life and health once in place.

Point 1. Eat a light evening meal with easy-to-digest foods.

Everyone dealing with weight loss issues needs to know that it is virtually impossible to make serious progress if you continue to eat large evening meals with heavy foods!

I cannot emphasize this point too much. Ayurveda describes that digestion is less strong in the evening, plus lying down to sleep a few hours later further slows down digestion, metabolism and circulation. The body simply cannot assimilate large evening meals properly. The result is that much of the food is digested poorly and eventually creates toxins, fat and excess weight. **For most people using the approaches of eating less during the day, herbs, pills, special powders and drinks, and even exercise cannot overcome this most serious of all weight loss mistakes.**

Especially avoid in the evening: cheese, yogurt, rich desserts, red meat, leftovers of any kind, cold foods, processed foods

Avoid or reduce in evening meals: fowl, fish, desserts

Evening meals should be vegetarian, hot, light and liquidy. If you are significantly overweight the foundation of the evening meal should be 1) non-cream soups, 2) grains cooked in water (for example rice, quinoa, cous cous, barley), and 3) vegetables either steamed, roasted or sauteed with small amounts of extra virgin olive oil. If you must have dessert, I recommend cooked fruit desserts made with only small amounts of organic sugar.

2. Eat the largest meal of the day at lunch with a wide variety of warm, cooked food.

Lunch is the time our bodies can best digest and properly assimilate larger quantities of food due to the fact that digestion is strongest at noon and we have many active hours to metabolize the food before we sleep. Lunch is the most important meal of the day and the meal we most need to plan and prepare for.

Lunch should be warm, cooked foods with a wide variety of tastes and dishes. Warm food is essential as it can be more easily digested and assimilated. Cold foods suppress digestion (remember your chemistry- cold temperature suppresses chemical reaction, and digestion is chemistry!) The result of regular meals of cold foods is indigestion, the accumulation of *ama* (undigested molecules that clog the channels,) and weight gain.

Having a wide variety of foods is essential for nutrition and to prevent the body from developing food cravings-the downfall of many a well-meaning diet plan. Food cravings often occur because of imbalanced diets that included only a few food types. Diets restricted to mostly carbohydrates or protein or fat eventually lead to undernourished tissues that rightfully send hunger messages to our brain. Even though we have just finished eating a large quantity of food, parts of our body are still truly malnourished and hungry. Unfortunately if we don't realize this when the hunger signals come we may reach for even more carbohydrate rich and dense foods like desserts when actually we need green vegetables and legume soups.

A good, balanced lunch also helps us feel less hungry in the evening, making it easier to stick to that all-important *light* evening meal.

3. Drink hot water frequently throughout the day

By sipping hot water throughout the day you help cleanse the digestive tract and entire body of blockages and impurities. Hot water drinking improves digestion and assimilation of food and helps prevent the body from becoming toxic and clogged. It also is a great aid in reducing food cravings between meals. I have known people who lost over 50 pounds by following only this single recommendation.

Most people can accomplish the hot water recommendation by getting a good thermos and having a cup sitting on a small cup-sized hot plate. You can pour your hot water in the cup, put it on the warmer and sip it throughout the day as you work.

The most purifying and cleansing water is water that has been boiled for about ten minutes. Boiling water for ten minutes reduces its heaviness (you will usually see a fine powder at the bottom of the pan that consists of precipitated materials from the water) and energizes the water. Drinking water from your hot water dispenser at work is better than not drinking any at all, but is not as effective as boiled water.

4. Avoid leftovers

Maharishi Ayurveda holds that putting food back in the refrigerator after it has been cooked seriously deteriorates the quality of the foods and their digestibility. Even if you heat it up after you take it out of the refrigerator, it has lost its life giving freshness.

We get more than molecules from food. We also get freshness, life force (*prana*) and nature's intelligence from our foods. Physics tells us there is a classical world of molecules but also a quantum mechanical world of vibration. The vibration of the deeper fields which comprise nature's life-force and intelligence get destroyed by cooling cooked food. As a result leftovers easily lead to improperly digested waste products called "ama" that accumulate in the body causing toxins, blockages, excessive weight gain and lead to many diseases.

The converse principle sums up the essence of Ayurvedic food guidelines.
"Eat fresh food, freshly prepared"

Because of the activity of our lives, and logistics of shopping and cooking, this simple statement can be difficult to achieve but every step in this direction will help us with weight management and overall good health.

A convenient way to get a home-cooked, nearly fresh meal of pure, wholesome ingredients for lunch each day, is to cook barley and lentils (a good fat-busting combination) overnight in a crock pot. In the morning, add chopped vegetables and some spices sautéed in olive oil (try cumin, black pepper, fresh ginger root, coriander and turmeric.) Put in a wide-mouth thermos and bring for lunch. Add some rye crackers (another fat busting grain according to Ayurveda,) and fresh fruit for a well-balanced, pure and nutritious lunch.

5. Get Moving!

I saw a headline in a health paper some time ago that made a good point **"Stop Dieting and Start Moving"**

Exercise is an antidote for almost everything that ails us. It improves digestion, metabolism, elimination, complexion, body tone and strength, bone density, *and* helps us normalize weight. It is also emotionally positive as it can be enjoyable, increase self-worth and bring us greater energy, freshness and success throughout the day.

At least take time every day to get out and walk. Evaluate your schedule and take walks whenever you can squeeze them in. Be vigilant to take opportunities to walk. It is especially good to walk after meals and especially healthy to take a walk after the evening meal.

Additional tips:

a) Go to bed by 10:00 PM. Metabolism of waste products takes place after 10 PM and is reduced by being awake and active, or eating the proverbial "midnight snack," at this time
b) Add digestive enhancing, fat-busting spices to your meals like fresh ginger, cumin, black pepper, turmeric and fenugreek.
c) Keep GOOD snacks around to prevent you eating bad snacks. Examples of good snacks are fresh fruits, dried fruits, nuts, fresh squeezed vegetable juices and whole grain crackers.
d) Practice meditation and yoga daily to keep mind and body balanced reduce the mental cravings for food. (Based on hundreds of scientific studies documenting its health benefits, I recommend the TM technique for my patients)
e) Take a walk in the morning. Exercise of some type outdoors in the morning sun has a powerful positive influence on mind, emotions and energy throughout the day.
f) Take Panchakarma treatments twice a year. Maharishi Ayurveda recommends *panchakarma* (the massage, heat treatments and internal cleansing therapies of Ayurveda) be done twice a year to prevent impurities from

accumulating and eliminating their buildup in bodily tissues. (A recent study published in *Alternative Therapies in Health and Medicine* documented the reduction by 50% of the cancer causing chemical PCB in the blood after five days of Maharishi Rejuvenation Treatment, a specific program of panchakarma.)

g) Ingest mainly organic extra virgin olive oil. Organic ghee is also acceptable in small quantities (1-2 tsp. per day)or not at all if you are overweight and/or have high cholesterol. Avoid any non-organic vegetable oils especially corn and soy oil. Oils are perhaps the most important food group to get right, as impure oils can contribute to so many diseases if not used properly

Summary

Health is won or lost in how we live day-to-day life. I encourage everyone with weight management issues to take initiative and get on an upward spiral of healthy activity. Your quick reward will be greater freshness, happiness and a lighter, healthier body.

Note: This article is for educational purposes only and is not meant to diagnose or treat disease. Please consult your physician regarding any symptoms you have or before you make changes in lifestyle and diet.

Appendix 6

The Maharishi Ayurveda Approach to Beauty and Skin Care

The Three Pillars of Beauty

Maharishi Ayurveda (MAV), the modern, consciousness-based revival of the ancient Ayurvedic medicine tradition, considers true beauty to be supported by three pillars; Outer Beauty, Inner Beauty and Lasting Beauty. Only by enhancing all three can we attain the balanced state of radiant health that makes each of us the most fulfilled and beautiful person we can be.

Outer Beauty: Roopam

The outer signs of beauty - your skin, hair and nails - are more than just superficial measures of beauty. They are direct reflections of your overall health. These outer tissues are created by the inner physiological processes involved in digestion, metabolism and proper tissue development. Outer beauty depends more on the strength of your digestion and metabolism, the quality of your diet, and the purity of your blood, than on external cleansers and conditioners you may apply.

General Recommendations for Outer Beauty

As we will discuss, the key to skin care is matching your diet and skin care routine to the specific skin type you have. Meanwhile, there are some valuable recommendations for lustrous skin, hair and nails that will be helpful to everyone, regardless of skin type.

1. Diet: Without adequate nourishment, your collagen layer thins and a kind of wasting takes place. Over time, your skin can shrivel up like a plant without water from lack of nourishment. To keep your skin plump and glowing:

A. Eat fresh, whole organic foods that are freshly prepared.
Avoid packaged, canned, frozen, processed foods and leftovers. These foods have little nutritional value and also they are often poorly digested which creates impurities that localize in the skin. The resulting buildup of toxins causes irritation and blocks circulation depriving the skin of further nourishment and natural cleansing processes.

B. Favor skin nourishing foods.
1. Leafy green vegetables contain vitamins, minerals (especially iron and calcium) and are high in antioxidant properties. They nourish the skin and protect it from premature aging.
2. Sweet juicy fruits like grapes, melons, pears, plums and stewed apples at breakfast are excellent for the skin in almost everyone.
3. Eat a wide variety of grains over different meals and try mixed grain servings at breakfast and lunch. Add amaranth, quinoa, cous cous, millet and barley to the wheat and rice you already eat.
4. Favor light, easy to digest proteins like legume soups (especially yellow split mung dhal), whole milk, paneer (cheese made from boiling milk, adding lemon and straining solids) and lassi (diluted yogurt and spice drinks).
5. Oils like ghee (clarified butter) and organic, extra virgin olive oil should be included in the diet as they lubricate, nourish and create lustre in the skin.
6. Use spices like turmeric, cumin, coriander, and black pepper to improve digestion, nourish the skin and cleanse it of impurities.

7. Avoid microwaving and boiling your vegetables. They lose as much as 85% of their antioxidant content when cooked in this way. Steaming and sautéing are best.

Caring for outer beauty through knowledge of skin type

Besides these general recommendations the key to Outer Beauty is to understand the difference in skin types so you can gain the maximum benefit from your individualized skin care regimen. MAV identifies three different skin types based on which of the three main metabolic principles (*doshas*)- present in everyone, but to different degrees- is most dominant in your body.

Vata Skin

*** Description:** Vata is composed of the elements of air and space. If you have a vata skin type, your skin will be dry, thin, fine pored, delicate and cool to the touch. When balanced, it glows with a delicate lightness and refinement that is elegant and attractive. When vata skin is imbalanced, it will be prone to excessive dryness and may even be rough and flaky.

*** Potential problems**: The greatest beauty challenge for vata skin is its predisposition to symptoms of early aging. Your skin may tend to develop wrinkles earlier than most due to its tendency to dryness and thinness. If your digestion is not in balance, your skin can begin to look dull and grayish, even in your 20's and 30's. In addition, your skin may have a tendency for disorders such as dry eczema and skin fungus. Mental stress, such as worry, fear and lack of sleep, has a powerful debilitating effect on vata skin leaving it looking tired and lifeless.

*** Recommendations for care**
With a little knowledge, you can preserve and protect the delicate beauty of your vata type skin. Since your skin does not contain much moisture, preventing it from drying is the major consideration. Eat a warm, unctuous diet (ghee and olive oil are best) and favor sour, salty and sweet tastes (naturally sweet like fruits, not refined sugar) as they balance vata. Avoid drying foods like crackers. Drink 6-8 glasses of warm (not cold for vata types!) water throughout the day and eat plenty of sweet, juicy fruits. Going to bed early (before 10 PM) is very soothing to vata and will have a tremendously positive influence on your skin. Avoid cleansing products that dry the skin (like alcohol-based cleansers) and perform Ayurvedic oil massage to your whole body (abhyanga) in the morning before you shower.

Pitta Skin.

*** Description:** Pitta dosha is composed of the elements of fire and water. If you have a pitta skin type your skin is fair, soft, warm and of medium thickness. When balanced, your skin has a beautiful, slightly rosy or golden glow, as if illuminated from within. Your hair typically is fine and straight, and is usually red, sandy or blonde in color. Your complexion tends toward the pink or reddish, and there is often a copious amount of freckles or moles.

*** Potential problems**: Among the many beauty challenges of pitta skin types is your tendency to develop rashes, rosacea, acne, liver spots or pigment disorders. Because of the large proportion of the fire element in your constitution, your skin does not tolerate heat or sun very well. Of all the three skin types, pitta skin has the least tolerance for the sun, is photosensitive, and most likely to accumulate sun damage over the years. Pitta skin is aggravated by emotional stress, especially suppressed anger, frustration, or resentment.

*** Recommendations for care**
Avoid excessive sunlight, tanning treatments and highly heating therapies like facial or whole body steams. Avoid hot, spicy foods and favor astringent, bitter and sweet foods which balance pitta. (Again, naturally sweet, not chocolate and refined sugar!) Sweet juicy fruits (especially melons and pears), cooked greens and rose petal preserves are especially good. Drinking plenty of water helps wash impurities from sensitive pitta skin. Reduce external or internal contact with synthetic chemicals, to which your skin is especially prone to react, even in a delayed fashion after years of seemingly uneventful use. Avoid skin products that are abrasive, heating or contain artificial colors or preservatives. Most commercial make-up brands should be avoided in favor of strictly 100% natural ingredient cosmetics. And be sure to get your emotional stress under control through plenty of outdoor exercise, yoga and meditation.

Kapha Skin.
*** Description:** Kapha dosha is composed of the elements of earth and water. If you have a kapha skin type your skin is thick, oily, soft and cool to the touch. Your complexion is a glowing porcelain whitish color, like the moon, and hair characteristically thick, wavy, oily and dark. Kapha skin types, with their more generous collagen and connective tissue, are fortunate to develop wrinkles much later in life than vata or pitta types.

***Potential problems** If your skin becomes imbalanced, it can show up as enlarged pores, excessively oily skin, moist types of eczema, blackheads, acne or pimples, and water retention. Kapha skin is also more prone to fungal infections.

*** Recommendations for care**
Kapha skin is more prone to clogging and needs more cleansing than other skin types. Be careful to avoid greasy, clogging creams. Likewise, avoid heavy, hard to digest foods like fried foods, fatty meats, cheeses and rich desserts. Eat more light, easy to digest, astringent, bitter and pungent (well-spiced) foods as they balance kapha. Olive oil is the best cooking oil and a little ginger and lime juice can be taken before meals to increase your characteristically sluggish digestive fire. Take warm baths often and use gentle cleansers to open the skin pores. Avoid getting constipated and try to get some exercise every day to increase circulation and help purify the skin through the sweating process.

Inner Beauty: Gunam.

Happy, positive, loving, caring individuals have a special beauty that is far more than skin deep. Conversely we all experience the quick and deleterious effect on our skin from fatigue and stress.

Inner beauty is authentic beauty, not the kind that shows on a made-up face, but the kind that shines through from your soul, your consciousness or inner state of being. Inner beauty comes from a mind and heart that are in harmony, not at odds with each other, causing emotional confusion, loss of confidence, stress and worry. Inner peace is the foundation of outer beauty.

Maintain your self-confidence and a warm, loving personality by paying attention to your lifestyle and daily routine and effective management of stress (I highly recommend the TM technique for its scientifically-verified benefits on mental and physical health and reduced aging.) You will also be healthier and feel better through the day if you eat your main meal at midday and make a habit of going to bed early (by 10 PM is ideal.)

Remember, kindness, friendliness and sincerity naturally attract people to you. On the other hand, being uptight or tense makes people want to walk the other way, regardless of your facial structure, body weight, or other outer signs we associate with attractiveness.

Lasting Beauty: Yayastyag

In order to slow the aging process and gain *lasting* beauty there are two additional key considerations beyond those already discussed,

1. Eliminate toxins and free radicals in the body: The main deteriorating effects of aging come as toxins and impurities (called *ama* in Ayurveda) accumulate throughout the body. These toxins may begin as free radicals in the body, or over time may become oxidized into free radicals, all of which contribute to premature aging in the body. For lasting health and beauty it is essential to avoid and neutralize free radicals, to prevent impurities of all kinds from accumulating and to remove those that have already become lodged in the body.

The most powerful cleansing therapy in Maharishi Ayurveda is "panchakarma" therapy, a series of natural treatments ideally performed twice yearly, that involves 5-7 days in a row of massage, heat treatments and mild herbal enemas. Ayurveda emphasizes the importance of undergoing this cleansing program once or twice a year to prevent impurities from accumulating, localizing and hardening in the tissues. Just as we change the oil in our cars regularly for optimal performance and lifespan, Ayurveda recommends that we cleanse the “sludge” from our tissues on a regular basis through panchakarma treatments.

Best of all, panchakarma treatments are luxurious, blissful, and make you feel (and look) completely rejuvenated in just a few days time. I have had many a patient who told me that friends asked them afterwards if they had gotten a facelift, they looked so fresh and youthful!

Other free radical busters include: reducing mental stress, eating antioxidant foods like leafy green vegetables, sweet, juicy fruits and cooking on a daily basis with antioxidant, detoxifying spices like turmeric and coriander.

2. Add rejuvenative techniques to daily living:

The daily activities of life in the modern world systematically wear us down and speed up the aging process. Ayurveda maintains it is crucial to practice daily rejuvenative regimens to counteract the stressful wear and tear of everyday life. According to Ayurveda the most important rejuvenative routines for your life are:

a) Going to bed by 10:00 PM. This simple habit is one of the most powerful techniques for health and longevity, according to MAV.
b) Meditate daily. Any meditation that does not involve concentration (which has been shown to *increase* anxiety) can be very helpful. I highly recommend the twice-daily deep rest and enlivenment of the Transcendental Meditation (TM) technique, whose benefits have been verified by over 700 published research studies.
c) Eat organic, whole fresh food that is freshly prepared. There is an Ayurvedic saying: "Without proper diet. medicine is of no use. With proper diet, medicine is of no need." Be sure to avoid those leftovers, processed and microwaved foods for better nutrition and vitality.
d) Perform Ayurvedic oil massage in the morning (abhyanga). Morning oil massage purifies the entire body, reduces anxiety and stress, helps prevent and heal injuries and supports

circulation. It is especially helpful in creating a radiant complexion and keeping your skin youthful. Research shows it may also help prevent skin cancers.
e) Practice yoga asanas. Maintaining flexibility and circulation is key to health.
f) Practice pranayama (yoga breathing) techniques. Pranayama enlivens the mind and body. Ideally practice the following sequence twice a day. Asanas, pranayama and meditation.

Summary

Everyone's unique beauty shines forth when they have radiant health and personal happiness. Beauty is a side effect of a balanced, fulfilled life. Supreme personal beauty is accessible to everyone who is willing to take more control of their health in their day-to-day life through time-tested principles of natural living.

For most of us, beauty is not a gift but a choice. Every woman can be radiantly beautiful simply by beginning to lead a healthier life. You will be rewarded by the glowing effects you will see in your mirror each day and the powerful, bliss-producing effect your special beauty has on everyone in your life.

Note: This article is for educational purposes only and is not meant to diagnose or treat disease. Please consult your physician regarding any symptoms you have or before you make changes in lifestyle and diet.

Note: To receive Dr. Lonsdorf's FREE monthly Ayurveda Health Newsletter newsletter and announcements of her consultation and seminar tours to your area provide your e-mail address by clicking here.